

DOLPHIN LOG

Collection, Year 2018

**The Bulletin of the
Dolphin Swimming & Boating Club
San Francisco, Established 1877**



**Dolphin Swimming & Boating Club
502 Jefferson Street
San Francisco, CA 94109**

WINTER 2018

DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



Dolphin Log

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members learn to swim -and sail

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Once 'Round the Cove

News From the Archives

'Were you ever a member of the Communist Party?'

We are already in our fifth year! There have been 46 scheduled 4-hour work sessions from the start in 2014 through the end of 2017. A total of 42 members have worked over 848 volunteer hours, not including time at home to input data. Thanks to all of you!

In February, we received ten boxes of very old club records plus research by late Club historian, Walt Schneebeli. A real treasure trove!

Currently, we are digitizing and indexing old Board minutes, including the handwritten minutes 1949-1960. Reading them is full of surprises! For example:

Party bargains: Tickets for the April 1947 Installation Dinner Dance at the Sir Francis Drake Hotel: \$4 each.

With the times: In July 1951, the Board revised the membership application form, requiring prospective members to answer several questions, including:

"Have you ever been a member of the Communist Party?"

Naughty boys: In March 1952, two members (not named) were "fined \$5 and

made to appear on work days for horseplay - breaking into lockers."

Dangers of card playing: In April, May and June 1952, the Board voted to restrict card games to the galley and ban them entirely from the Staib Room. In June, members voted to rescind the ban (except for minors), but with conditions. There must be "monitors," players should "police their own games," and those "who use profanity will be brought before Board of Governors."

Saving Aquatic Park: In 1960 the Board discussed a private group's plan to rebuild Aquatic Park into a "small boat harbor with a series of land locked heated swimming pools." The Dolphin Club joined forces with the South End to object. "It was agreed that this plan would be detrimental to both open water swimming and hand propelled boating."

Please come help out! You don't need any special skills past knowing how to use your computer and an interest in Dolphin Club history. Watch for work dates on the bulletin board and list serve.

Morgan Kulla

One of the Warmest Winters in Years

Coldest water: 51.1 degrees - 2/27

Coldest air: 40.3 degrees - 2/20

Coldest wind chill: 38.3 degrees - 2/20

Coldest combined air and water: 92.4 degrees - 2/23

Warmest water: 54.9 degrees - 2/20

Warmest air: 56.7 degrees - 2/6

Warmest combined: 111.7 degrees - 2/4

1. One of the warmest winters in years
2. Usually coldest temps are experienced in first two weeks of January
3. This year, all warmest and coldest temps have been observed in February
4. 15 days where combined temperatures went under 100

Vince Huang

Cine Corner

L'ICEBERG (Belgian)

2005 Fiona Gordon, Dominique Abel, and Bruno Romy (Netflix)

Fiona (Fiona Gordon), the manager of a small fast-food restaurant, lives with her husband (Dominique Abel) and two young children in a nondescript neighborhood of cookie-cutter houses. One night, after sending her employees home, she accidentally gets locked in her restaurant walk-in fridge, where she spends the night. In the morning, half frozen and barely alive, she returns home only to realize her family has not even missed her. An obsession with all things cold seizes Fiona and she eventually hides in the back of a refrigerator truck, the first step on her quest for happiness in the land of real icebergs.

Gordon and Abel, both veteran

mimes and European street performers, demonstrate their gifts for physical comedy and mime in this film about a romantic, wild, and improbable chase into the Arctic realms. It is full of unexpected surprises, with Fiona maybe even finding what she goes looking for.

Those of us who pay attention to such things will notice that when Fiona dives into the chilly waters to swim to her iceberg, she moves through the waves with a lovely strong stroke, making it clear that she will beat all Dolphins, polar bears or not, who try to get there first.

Sid Hollister

News from Dolphin Club Saipan

Pete Perez

The Dolphin Club is dark at five in the morning. As we unlock the typhoon doors and turn on the lights, we wonder who will show up to join us in the pre-dawn water. They will wear colorful blinking lights in their caps as they swim to the first Sherman tank that has been stranded on the reef since World War II. The lights are a beautiful sight in the blackness and a practical one too - they let us track the swimmers who continue to the second tank while others return or take a different path in the water. If there are new swimmers, we'll teach them how to swim in the shallow water near the sandy shore. Otherwise, we too will swim into the darkness and watch with the others as the Eastern horizon glows red and America's day begins.

My wife, Emma and I founded Dolphin Club Saipan in 2014. Based closely on the volunteer-based operation of its mother club in San Francisco, it is the swim program of 500 Sails. 500 Sails is a non-profit organization with a mission to get 500 sailing proas in the waters of the Marianas by 2030. Funded by donations and both local and federal grants, we teach participants to swim, build and sail canoes. To date we have put three canoes in the water - a 26-foot Chamorro canoe "Neni" that we built ourselves, a donated 41-foot Chamorro canoe "Ladahao" that was built in Chicago in the 1960s that we restored, and a 50-foot Polynesian vaka, Okeanos Marianas. The latter came to us by way of Okeanos Foundation for the Sea - an international foundation that

has been enabling Pacific nations to get back on the water with state-of-the-art fossil fuel-free Polynesian sailing canoes equipped with supplemental coconut oil engines. A fourth canoe, "Richard Seman," is under construction in the 500 Sails boatyard. It will be our second prototype canoe, to be followed by massive effort to build 58 more over the next 18 months.

To fully appreciate what is happening in Saipan, I need to tell you a story.

It is a story that has its beginning 4000 years ago when a seafaring people crossed thousands of miles of open ocean to settle in the fourteen Chamorro islands known today as the Marianas. In these islands they found everything an islander could want; high mountains and plateaus to provide protection from storms and the sea, rich volcanic soil supporting lush tropical forests, fresh water lakes and streams, and an ocean teeming with life. Isolated by distance from the rest of Oceania, the Chamorros thrived in their new home. Over thousands of years their language changed and their society developed in response to the environment, centered on the forests and the ocean. Their gods were in the wind and the sea. They venerated their ancestors

and kept their bones nearby so that they could be asked for help and guidance. Chamorro clans had their own villages where wise women made important decisions and strong men enforced them. Although conflicts between villages sometimes led to skirmishes, there were no real wars. The Chamorros lived for the most part in peace and good health in a paradise of light and land and ocean. And in this paradise, they built and sailed the fastest boats in the world.

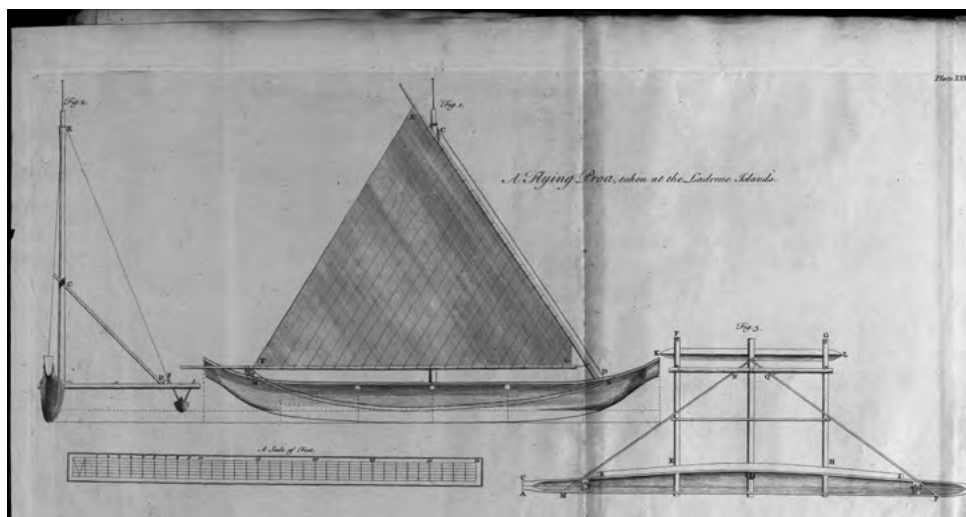
In the 16th and 17th centuries, Europeans who came to the Chamorro Islands marveled at what they saw - hundreds of sailing canoes would meet their ships, sailing circles around them at speeds that were two or three times greater than their fastest ships. In their own words...

"We were no more than two leagues from the island when fifty or sixty proas under sail surrounded the fleet. These proas were furnished with lateen sails of palm mats and were as light as the wind...The day had scarcely begun when a great number of these proas appeared about us...more than four or five hundred..." - Legazpi aboard the San Pedro, 1565

"...their outrigger boats passed by our ship very quickly even though we were under full sail...they are like dolphins bounding from wave to wave."

- Antonio Pigefeta, with Magellan's squadron, 1521

"The natives are very ingenious beyond any people in making boats...and therein they take great delight...I do believe they sail the best of any boats in the world. I did here for my



Scale drawing of a Chamorro Flying Proa made by Lt. Piercy Brett in 1742. It proved most useful 250 years later long after European soldiers and missionaries had destroyed all the proas they found



Chamorro proas have been reborn and now sail between the islands of the Northern Marianas.



Author Pete Perez and his wife Emma have founded the Dolphin Club Saipan that encourages locals to swim and sail.

own satisfaction try the swiftness of one of them...I do believe she would have run 24 mile an hour..." - William Dampier, 1686

"...as soon as these islanders had seen our ship, that it seemed they covered the sea all around us... For a while they gave us great pleasure and a wonderful entertainment, to see their canoes so well made, of narrow boards painted in various colors and skillfully joined and laced together, in a fine and very beautiful form, so light that they looked like birds that fly in that sea..."

- Carlettis, Italian traders aboard the San Pablo in 1596

But it was all to end. In 1668 Spanish soldiers and missionaries established a permanent settlement on Guam. In their arrogance they set about systematically destroying a culture and society that they considered had no right to exist. After a bloody struggle of over 30 years, the Spanish succeeded. The Chamorros lost their freedom and their way of life. By the end of the Spanish colonial period there were no longer any sailing canoes and the knowledge of how to build, sail and navigate across the ocean was lost. Not a single sailing canoe survived.

But a thread remained - one that would give birth to the resurrection of the Chamorro sailing tradition.

In 1742 the English ship Centurion cautiously approached the island of Tinian. Its crew was sick and dying, and the badly damaged ship was close to sinking. Knowing the island had been claimed by Spain, England's archenemy, the captain, George Anson, desperate for a landfall, hoisted a Spanish flag as a ruse. He chose Tinian because he knew that the northern islands were uninhabited. The false flag worked - the only people on Tinian at the time, a single Spaniard and seven Chamorros, sailed a canoe out to greet the Centurion and were immediately captured. Once ashore, the crew buried their dead



Members of Dolphin Club Saipan outside their headquarters.

shipmates, and finding an abundance of fresh food and clean water, began to recover and to repair their ship.

Anson and his crew were fascinated by the canoe they had captured. Known to the English as the “Chamorro Flying Proa,” it would become famous among seafarers. Many accounts were written about its speed and design. Lt. Peirce Brett, a naval draftsman, dismantled the proa so that he could measure the parts and draw its plan.

After two months on Tinian, the Centurion was ready to leave. To avoid the Spaniard informing the garrison on Guam of the English presence, Anson ordered the canoe burned and left the island with just the drawing aboard. Preserved in the drawing, the proa began a journey that would take over two and a half centuries and end on the same shore where it began.

San Francisco Dolphin members may recall a barbeque fundraiser held at the club in 2007 for an English Channel relay. The swimmers were the “Chamorro Flying Proa Relay Team,” members of our family, all part Chamorro. We trained at the Dolphin Club and the crossing was a success. The funds raised went into the construction of a 47-foot Chamorro proa canoe built by Chamorros in San Diego. Carved from a Mendocino redwood log, Chelu is a beauty. But at \$60,000 it was expensive and it took two

years to build. If we are to revive the Chamorro maritime tradition we need to build a lot of canoes fast and for much less.

We found the answer online. A 26-foot fiberglass canoe could be built in three weeks for about \$3,000 in materials. To confirm, we tented our yard in San Francisco and with the builders from San Diego built a canoe hull in eight days. Emma and I packed our bags and moved to Saipan.

500 Sails provides free canoes to indigenous locals who participate in our swimming, canoe building and sailing programs. The ability to swim a half-a-mile in open water is a requirement to get a 500 Sails canoe. Many of our participants are unable to afford swim goggles but, thanks to donations from the San Francisco Dolphin Club and the USF Masters swimmers, we can provide them free. We teach swimming four days a week on the reef adjacent to our canoe house on the beach. We teach canoe building in a giant warehouse turned boatyard. The boatyard will also shelter our growing fleet during typhoons.

We’ve already voyaged to the nearby islands of Tinian, Rota, Guam, Anatahan, Agrigan and to the island of Yap, one thousand miles southwest: four days down, eleven days back. This spring we are planning a 32-hour voyage in a fleet of Chamorro, Carolinian and Hawaiian sailing canoes to help

assert the native claim to the island of Pagan. The voyage is highly symbolic as it exemplifies the revival of sailing traditions happening all over Oceania. It will be the first time in history that a mixed fleet of traditional canoes will travel together to our northern islands.

I wrote earlier that the proa in the Anson drawing ended its journey where it began. On February 17th, this year, Leo Pangelinan sailed from Saipan to Tinian in a Chamorro proa, becoming the first Chamorro in perhaps 250 years to do so. It took him five hours, his canoe, the Neni which flew across the water at 18 knots, was built from the Anson drawing.

Emma and I are deeply grateful for the love and support we’ve received from our fellow Dolphins in San Francisco. You’ve helped us bring canoes back into daily life here in the Marianas and in doing so have helped an island community to heal. Lives have changed here. For centuries, the Chamorros had been stranded on land. Most did not even know that there ever was a maritime tradition. But all that is changed. Children born here today will know canoes all their lives. Through their canoes they will connect with their ancestors. Like them they will know the joy of flying like a dolphin over the waves in a craft made with their own hands.

Doing Swimmingly, Thanks

Joe Illick

For someone who hated swim lessons as a kid, Suzie Dods has recovered in spades. She was not discouraged when her San Dominico High School swim team lost every meet for four years running, nor while she was aboard a Humboldt State team that chalked up only two wins.

Instead, she joined some world-class swimmers at the Tamalpais Aquatic Masters in 1985 and was lured into a trans-Tahoe relay, then into attempting a solo crossing (which she achieved in 1988) by her coach, who held the record for swimming the length of Tahoe until the DC's Catherine Breed broke it last summer.

Suzie joined the Dolphin Club in 1991 (and SERC in 2006) and almost immediately participated in two English Channel relays in 1993: the first with Pat McGarvey, Pam Derks, Mag Donaldson, Bonnie Wynn and Laura Burch [Zovickian], and the second with David Rich, Jon Nakamura, Joe Ferrero, Tina Scott and Rori Parmer.

Needless to say, she soon took on the Channel solo - in 2000 - completing it in 12 hours, 37 minutes. It was only the prelude to the 26-mile Lake Zurich Marathon Swim, the Catalina Channel and around Manhattan, and a raft of lesser known, but very popular swims: END-WET (Extreme North Dakota Watersports Endurance Test - 27 miles down the Red River from rural ND to Grand Forks, MN), Eight Bridges (she did one of the seven legs along the Hudson River; only five people have done the whole course), Boston Light (the eight miles from the lighthouse to the L St. Bath House in Boston Harbor), Swim the Suck (10 miles in the Tennessee River Gorge in Chattanooga) and Nebraska Cornhuskers (Olympic-style games held annually in Branched Oak Lake, outside of Lincoln).

Suzie did not neglect the local scene, serving six years on the DC Board in

the 1990s and three years as swim commissioner, 2000-2003, not to mention offering seminars on swimming in the Bay and coaching in the Marin Summer League, at the Claremont Hotel and the Richmond Plunge. She continued to reach out into a wider world, not only through the already-mentioned swims but even more through Swimtrek, the original swim holiday company, which took her to the waters off Croatia, Scotland, Greece and Turkey.

Years earlier Suzie had read Wind, Waves and Sunburn, a brief history of marathon swimming that included a description of an event in LaTuque, Canada. Teams of two swimmers each swam loops in a small lake, the winning team being the one that swam the most miles over a given time. Frustrated by her experience in her first swim around Manhattan, and inspired by the thought of running a LaTuque-style event in Aquatic Park, Suzie imagined a small, friendly gathering here.

She posted her idea on the Marathon Swimmers Forum (MSF) as well as Facebook. Swimmers, most of whom she knew (at least at one remove), responded with proposed teams - the rule was that "orphans" must be accepted by

any group. In 2018, the fifth anniversary, 50 of the 65 applicants from the US and Canada were accepted to loop the cove for 24 hours and spend lots of time socializing. As one participant wrote afterwards, speaking of Suzie: "You've created an event unlike any other in the wide world of OWS, and you've done it your way, reflective of your values. They come from all over, to one of our sport's sacred waters, to challenge themselves or just to have fun, in a noncompetitive and supportive environment. And you made it happen!"

Now she is talking about retiring, which translated means spending her days traveling and coaching - and swimming, of course.



Marathon swimmer and swimming coach Suzie Dods founded the club's 24-Hour Relay five years ago. It has been held in Aquatic Cove every year since.

Don't Forget You're a Dolphin

Keith Howell

The moving finger writes: and
having writ,
Moves on: nor all your piety nor wit
Shall lure it back to cancel half a
line,
Nor all your tears wash out a word
of it
From the "Rubaiyat of Omar
Khayyan," Walt Schneebeli's favorite
poem

Sunbathing on the deck and swimming with his wooden goggles, the tall Walt Schneebeli was a familiar and beloved figure to many Dolphins. He was born in North Beach in 1925 and grew up on Leavenworth Street, went to Galileo High School and City College, before winning a scholarship to the San Francisco Art Institute. But seeing no prospects as an artist, he took a test to work at as a city employee with the Steinhart Aquarium. He came in second.

He started work there in 1948, the same year that he joined the DC. One of his jobs was to clean the pool and the fountain in the forecourt of the old California Academy of Sciences where he became perhaps the first Dolphin to be bitten by a sea lion.

Soon afterwards he was drafted into the army and sent to Germany and La Rochelle in France where he became the unofficial interpreter for his buddies in the bars around town.

Back at the Steinhart, besides looking after the marine mammals—dolphins, sea lions and the famous manatee, Butterball—he became the Specimen Collector, and would take a truck down to Baja and dive for specimens. Then, while the scientists on the trip flew home, he would drive the thousand miles or so over unpaved roads with a large tank of seawater sloshing behind him. His journey took two or three days, much of the time alone, and if he was to bring the fish back alive, he didn't have much time to sleep. He also flew to Hawaii for rare species, or drove up to Eureka for octopus and would bring them back in

Photo
Jerry Hawryluk



Walt Schneebeli, Dolphin from 1948-2017

separate tanks so they didn't kill each other.

The head of the Steinhart, Dr. Earl Herald, was the first scientist in the country to host a live science TV program—Science in Action. Walt's job was to bring out the live specimens—snakes, alligators, etc—while making his 6'3" frame unobtrusive.

Walt threw himself into the Dolphin Club's activities, swimming the Golden Gate almost every year from the time he joined until he was 75. He was one of the first swimmers to make the trip from Sausalito and held the club record for 19 years. At 68 he swam from Bridge to Bridge, and a year later repeated his Sausalito swim. But he was never keen on swimming in winter—"Never got used to the cold water." He was also an enthusiastic handball player, taking part in many of the tournaments.

From 1962 to '71 he was the Club Recording Secretary, and in

1976 he was made Club Historian, a position he held until his passing, probably the longest official service of anyone, past or present.

As a new member of the club, he soon became fascinated by the club's history. Walt was already interested in San Francisco history and a collector of nineteenth century beer bottles. No doubt the fact the club was founded by the leading brewer in town, John Wieland, encouraged him to research the club's history, especially that of its charter members.

After he retired in 1985, he threw himself full-time into researching the Dolphin Club. Every day he would spend hours in various libraries searching through newspapers, old copies or microfiche, to find any mention of a Dolphin, regardless of its significance. Over the next 25 years, he spent thousands of dollars photocopying every reference he could find, and creating a file for every member. If you were a member before 2005, there is doubtless a file on you. Much of his knowledge was, and is, chronicled in the more than 50 articles he wrote for the Dolphin Log. His enthusiasm for the club was endless. When Bob McKenzie talked about leaving, Walt would have none of it. "Don't forget you're a Dolphin," he told him. Bob stayed.

Walt married Margaret Krznarich in 1970 and the two settled in Golden Gate Heights where Walt built a backyard that resembles a Mayan pyramid. He died, aged 92, on November 22, 2017.



Photo Susanne Friedrich

Walt and his wife Marge enjoy Dolphin sunshine.

My friendship with Tom

Tom Hofmann Jr, a Dolphin member since August 1975, passed away peacefully this past January 7 2018, after losing his courageous two-year battle with ALS.

I met Tom 40 years ago when I joined the Club. Many of our relationships at the club are built on short sound bites picked up in the moments when we see and interact with each other. To this day, there are members I've known for years yet have no idea what they do professionally or anything really personal about them. My relationship with Tom started that way when a group of us started swimming regularly around lunchtime. We were the "nooners," meeting to discuss a course and in the water by 12:30.

Then a year after joining the club, I was moved to a new locker close to Tom's, got to chat more frequently with him, and our friendship grew.

Together, we served as swim commissioners for about six years. Some of our contributions back in the early 80s including setting up the current qualifying rules for out-of-cove swims (which was really an attempt to get more members to volunteer), staggering swim starts for better pilot coverage, introducing the use of rescue surf boards as swim pilot crafts, starting the 100 mile swim, and gradually ramping up the Polar Bear miles from 24 to 40. As you can imagine, many of the changes were met with a lot of resistance, often very polarizing, yet today, many of those "controversial" changes are accepted as the way it is. One concession, to appease the old timers was the introduction of the "old goar" category.

Over the years, Tom and I also served on the board in different capacities and up until his illness, Tom oversaw the Club's insurance. I remember one contentious meeting when the Staib Room filled with a thick cloud of cigar smoke, several board members were on their third or fourth cocktail, there was cursing, chest thumping, and tempers flared. Walt Stack was asleep, and there in the back, Tom and I swayed back and forth carrying our firstborn in backpacks. A

rare Kodak moment. Afterwards, at the Buena Vista, everyone would carry on like best friends.

Tom was fastidiously neat and meticulous. His locker was overly orderly, with everything in its place while mine was a rummage sale. He was also a big Porsche fan and whenever he parked his cherry 10-point Porsche at the club, he would protect it with a car cover.

As an athlete, Tom was not the fastest, nor the strongest, but he was Mr. Duracell, consistent and naturally athletic. He rarely trained, yet at the call of any organized ride, he could bike 70 miles and throw in a century every so often...and always with that smile of joy and enthusiasm. Where he really excelled was on any vertical mountain with snow. One of my few regrets was never having had the opportunity to race him on my snowboard.

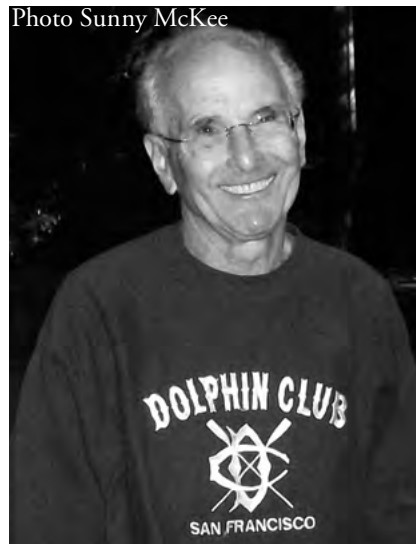
Just prior to his diagnosis, Tom, who never complained, would mention he had difficulty shifting gears on his bike, or was running out of gas when swimming. It was during the spring/summer of 2015 when Tom thought he had injured his back playing golf, but fate was to be more sinister. After Tom finally got the official diagnosis of ALS, he shared it with the swim crew one morning in the sauna. There was a sudden hush, the laughter fell silent.

Knowing the prognosis of ALS, I made a promise to Tom that his journey would not be alone. He would always have the ongoing support, love and friendship of the Dolphin Club.

Early on, many of us pooled our resources and raised nearly six thousand dollars so that Tom could get a special comfort chair where he would eventually spend most of his waking hours. We had several breakfasts in his honor, dozens of members collectively contributed their swim squares as the "Friends of Tom" for the 2017 100 mile swim, and we visited often, sending emails, letters and cards from our vacations and travel. He knew he was never far from our thoughts.

Just a couple of weeks before he passed, the DC board approved the official renaming of the Polar Bear

Photo Sunny McKee



Tom Hofmann Jr. swimmer, cyclist and runner and Board member was a Dolphin for 43 years

Swim to the Tom Hofmann Polar Bear Swim. The very next day I visited Tom, which turned out to be the last time, and shared the good news through a photograph of our polar bear charts with his name above. Unable to speak, the glint in his eyes and his weak smile spoke volumes. That emotional and memorable moment, I knew, was the highlight of our many years of friendship.

Throughout many years, I have met many people of fame and fortune whom I admired for their successful accomplishments. But, other than desiring a little more wealth, I never aspired to be like them, never wanted the trappings that come with the fame and fortune. With Tom it was different. I had always admired and at times aspired to be more like him for his selfless kindness and humanity, his grace, and his humility. All this became more apparent watching the incredible dignity he maintained throughout his illness. Tom cared. He had a way of making all his visitors feel better and uplifted, despite his own deteriorating condition.

Tom loved and was devoted to his family, the Dolphin Club and all his friends at the club. Though Tom's presence is missed, his contribution and his legacy remain forever entwined in our Club's history and greatness.

Vincent Huang

Keith Boyer Weaver,

September 14, 1931 — November 14, 2017

Keith Weaver, my husband of almost 26 years, passed away on November 14, 2017. Born in Hollywood on September 14, 1931, he spent his early years in Southern California, moving to the Bay Area to attend college. He graduated Magna Cum Laude from the UC Berkeley School of Psychiatric Social Work, and then went to work for the California Department of Rehabilitation and Corrections.

He was athletic, artistic, an avid reader, a loyal friend and loving husband. He “discovered” running during a rehabilitation program following a heart attack. He loved running so much he gave up smoking and went on to become an ultra runner (when ultra running was in its infancy) completing, among other ultra distance events, the first (probably) 50 miler in San Francisco, around the Polo Field in Golden Gate Park. He also completed a number of marathons, including the Pikes Peak Marathon in Colorado.

He joined the Dolphin Club in 1988 because his knees wouldn’t stop talking and he wanted to incorporate swimming into his exercise arsenal. He was also interested in learning to row. For the first few years he concentrated on completing the swim events and the Escape from Alcatraz triathlon. Then his participation in events shifted to piloting. Keith was happiest when he was in a helping role, whether piloting, doing odd jobs for Lou, helping at Club



Photo Sunny McKee



Photo Sunny McKee

Keith Weaver joined the Dolphin Club in 1988 “because his knees wouldn’t stop talking”

events or just doing chores around the Club. He took his responsibilities very seriously, whether piloting a swim or in charge of an aid station for a running event, did so with attention to detail and attention to all responsibilities involved.

In his spare time he made stained glass lamps, door panels, and window panels. He loved art, especially early California art and was a life long member of the Fine Arts Museums of San Francisco. He enjoyed music, from Willie Nelson to classical and everything in between. He also loved folk dancing, particularly Greek dancing, often performing as part of a trio for local Greek festivals.

Keith’s friends loved him for his respect for others, his genuineness, his sense of humor and Keith being Keith. He will be missed and well-remembered.

I miss him every day.

Margaret Curtis

DOLPHIN LOG SWIM STATISTICS

Thanksgiving Day Cove Swim NOVEMBER 23, 2017

Three courses:

A - to the Eppleton Hall and back

B - to the flag and back

C - once around the cove

Grp	Place	Name	time
A	1	Diane Walton	14:06
B	1	Megan Wachs	15:48
B	2	Victor Critchfield	17:35
B	3	Halie Kampman	19:11
B	3	Ian Schmidt	19:11
B	4	Joseph Illick	20:40
B	5	Era Osibe	21:21
B	6	Chris Tschinkel	21:31
B	7	Phil Fernandez	21:50
B	8	Wendy Katzman	23:50
B	9	Susan Garfield	25:31
B	10	Claire Tredanier	27:52
B	11	Will Powning	35:30
C	1	Ryan Dalton	19:40
C	2	Stephen Schatz	20:13
C	3	Michael T.-Hahn	20:26
C	4	Marla McGowan	20:44
C	5	Andrew Homan	22:20
C	6	John Lennox	24:26
C	7	Holly Reed	25:00
C	8	Peter Cullinan	25:10
C	9	Morgan Kulla	25:21
C	10	Natalie Hardie	25:36
C	11	Robin Rome	25:40
C	12	Joe Ferrero	26:00
C	13	Keith Nelson	26:26
C	14	Rebecca Wolski	26:50
C	15	John Wilde	27:51
C	16	Rey Hassan	32:30
C	17	Daphne Lagios	32:45
C	17	Kathryn Werhane	32:45

Pilots: Brian Kiernan **Helpers:** Aniko Kurczinak, Ryan Utsumi

Pier 41 JANUARY 27, 2018

Place	Name	Time
1	Adam Eilath	16:31
2	Suzanne Heim	16:44
3	Lauren Au	17:24
4	Michael T.-Hahn	18:59
5	Randy Edwards	19:25
6	Yossi Ettinger	19:46
7	Hubert Chaperon	20:20
8	Tom Neill	20:47
9	Tor Lundgren	21:24
10	Bob Cable	21:36
11	Danny De Leon	21:57
12	Kevin Whalen	22:01
13	Kathleen Sheridan	22:02
14	Charlie Cross	22:08
15	Mickey Lavelle	22:13
16	Terry Huwe	22:14
17	Morgan Kulla	22:16
18	Peter Cullinan	22:25
19	Timothy Kreutzen	22:47
20	Cyrus Foster	23:00
21	Rich Haymes	23:33
22	Stuart Moulder	23:41
23	Mark Harrold	24:27
24	Joni Beemsterboer	24:43
25	Kathleen Duffy	24:58
26	Hal Offen	25:42
27	Bill Burke	25:45
28	Barry Baskin	25:57
29	Jim Frew	26:06
30	John Hornor	26:20
31	Jennifer Sturgill	26:27
32	Maggie Lonergan	26:35
33	Terry Keenan	26:47
34	Gretchen Coffman	26:52
35	Michael Barber	27:11
36	Robin Rome	29:26
37	Will Powning	30:05
38	Joe Gannon	30:42
39	Donna Schumacher	31:22
40	Suma Snehalatha	41:15

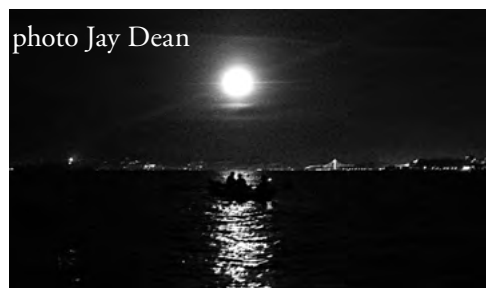
Pilots: Marcus Auerbuch, Eduardo Barranco, Lindzy Bivings, John

Blackman, Richard Bond, Ross Browne, Barry Christian, Katie Cronin, Cedric Delvaux, Paul DuBois, Pauline Farmer, John Grunstad, Lewis Haidt, Terry Horn, Nancy Hornor, Vincent Huang, Davis Ja, Liz Kantor, Brian Kiernan, Aniko Kurczinak, Eric Lam, Mark Lenz, Charmaine Leonard, John Marsh, Grant Mays, Thomas McCall, David McGuire, Mikhail Melnikov, Peter Molnar, Rob Nikzad, Donald Osborne, John Robiola, Emily Roth, Anne Sasaki, Deborah Sherwood, Scott Stark, Ryan Utsumi, Diane Walton, Maria Woodworth

Helpers: Allison Arnold, Michael Barber, Barry Baskin, Holly Baskin, Andrew Cassidy, Peter Cullinan, Kathleen Duffy, Randy Edwards, Joe Ferrero, Nancy Friedman, Andrea Gains-Germain, Susan Garfield, Brian Gilbert, Sheila Gleeson, Rich Haymes, Tom Hunt, John Ingle, Terry Keenan, Tim Kreutzen, Morgan Kulla, Daphne Lagios, Susan Lauritzen, Maggie Lonergan, Tor Lundgren, Stuart Moulder, Jamie Robinson, Robin Rome, Polly Rose, Denise Sauerteig, Kathleen Sheridan, Eric Shupert, Suma Snehalatha, Jennifer Sturgill, Nihan Tiryaki, Cheryl Wallace, Kevin Whalen, Crissa Williams, Madhuri Yechuri

Special Helpers: Andrew Shupert, who rode along in a pilot's boat, and Michael Tschantz-Hahn's daughter, who helped the clothes wranglers. Test swim: Rick Avery, Andrew Cassidy, Peter Cullinan, Aniko Kurczinak, Hal Offen, Ryan Utsumi, Andi Aliko, Jon Bielinski, John Blackman, Victor Critchfield, Reuben Hechanova, Terry Horn, Brian Kiernan, John Marsh, Thomas McCall, Mikhail Melnikov, Tom Neill, Sibylle Scholz

photo Jay Dean



January full moon row



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COMPASS

DOLPHIN LOG SWIM STATISTICS

Gas House Cove Swim FEBRUARY 17, 2018

Place	Name	Time
1	Adam Eilath	16:30
2	Tim Dumm	19:59
3	Tom Neill	20:08
4	Amanda Ernzer	20:12
5	Hubert Chaperon	20:20
6	Anna Olsen	20:37
7	George Shafer	20:56
8	Erik Cufino	21:07
9	Mickey Lavelle	21:25
10	David Nosrati	21:27
11	Terry Huwe	21:40
12	Stuart Moulder	21:46
13	Charlie Cross	21:50
13	Andrew Braithwaite	21:50
15	Morgan Kulla	22:04
16	Timothy Haines	22:10
17	Cyrus Foster	22:24
18	Kevin Whalen	22:28
19	Peter Cullinan	22:42
20	Bryn Kass	22:45
21	Rich Haymes	22:49
22	Natalie Hardie	22:52
23	Timothy Kreutzen	23:18
24	Tyler Burton	23:31
25	Andrea Allen	23:32
26	Jennifer Sturgill	24:20
27	Joni Beemsterboer	24:35
28	Nancy Hornor	24:44
29	Jamie Robinson	25:02
30	Jim Frew	25:14
30	Alexander Mulder	25:14
32	Lindzy Bivings	25:15
33	Dean Badessa	25:16
34	Cory Sturtevant	25:17
35	Marlin Gilbert	25:24
36	Marcy Michael	25:26
37	Holly Reed	25:33
38	Barry Baskin	25:36
39	Peter Neubauer	25:39
40	Mark Lenz	26:01
41	Kathleen Duffy	26:05
42	John Hornor	26:09
43	Bill Burke	26:14
44	Ken Miller	26:20
45	Andy Stone	27:19
46	Andrea Morgan	27:23
47	Kent Myers	27:26
48	Donald Osborne	27:29
49	Janice Wood	28:04
50	Michael Barber	29:10
51	Cynthia Barnard	29:31
52	Crissa Williams	29:41
53	Will Powning	30:10
54	Arnie Thompson	30:44
55	Stuart Gannes	31:02
56	Carolyn Hui	31:21
57	Alfred Seccombe	31:48

Pilots: Jon Bielinski, John Blackman, Catherine Breed,

photo Connie Mittendorf



Piloting Pier 39 Swim

Bob Cable, Gretchen Coffman, Victor Critchfield, Adrian Dyer, Brad Gambrell, Reuben Hechanova, Peter Hollingsworth, Terry Horn, Keith Howell, Davis Ja, Aniko Kurczinak, Maggie Loneragan, Tracy Lorenz, Joseph Marenda, Grant Mays, Thomas McCall, David McGuire, Mikhail Melnikov, Connie Mittendorf, David Nettell, Rob Nikzad, Hal Offen, Joseph Omran, John Robiola, Kathleen Sheridan, Deborah Sherwood, Scott Stark, Ryan Utsumi, Diane Walton **Helpers:** Allison Arnold, Michael Barber, Barry Baskin, Holly Baskin, Joni Beemsterboer, Bill Burke, Andrew Cassidy, Janine Corcoran, Signe Curtis, Mag Donaldson, Kathleen Duffy, Amanda Ernzer, Cyrus Foster, Susan Garfield, Sheila Gleeson, Timothy Haines, Susan Hopp, John Hornor, Nancy Hornor, Lindsey Hoshaw, Tom Hunt, Terry Huwe, Mara Iaconi, Joseph Illick, Morgan Kulla, Mark Lenz, Maggie Loneragan, Kent Myers, Peter Neubauer, David Nosrati, Hal Offen, Nanda Palmieri, Sydney Pietrzak, Polly Rose, Marie Sayles, Alfred Seccombe, Carlyle Seccombe, Eric Shupert, Elaine Van Vleck, Eloise Warren, Kevin Whalen **Test swim:** Andrew Cassidy, Gabriella Cross, Joseph Illick, Keira Koss-Baker, Hal Offen, Joseph Omran, Matt Stromberg, John Blackman, Charlie Cross, Reuben Hechanova, Terry Horn, Brian Kiernan, Aniko Kurczinak, Thomas McCall, Mikhail Melnikov, Tom Neill, Sibylle Scholz, Dav Zimak

Pier 39 Swim FEBRUARY 23, 2018

Place	Name	Time
1	Allison Arnold	22:42
2	Quinn Fitzgerald	23:14
3	Ben Zovickian	23:54
4	Adam Eilath	23:58
5	Matthew Talmadge	24:17
6	Laura Zovickian	27:10

7	David Holscher	27:34
8	Michael T-Hahn	27:56
9	Stephen Schatz	28:20
10	Hubert Chaperon	29:58
11	Tom Neill	30:42
12	Peter Bartu	31:08
13	Anna Olsen	31:25
14	Mickey Lavelle	31:35
15	David Nosrati	33:05
15	Eric Schaefer	33:05
17	Cyrus Foster	33:47
18	Bob Cable	34:14
19	Tyler Burton	34:17
20	Michael Rousseas	35:12
21	Morgan Kulla	35:21
22	Joni Beemsterboer	36:02
23	Mark Harrold	36:17
24	Keith Nelson	36:22
25	Rebecca Wolski	36:33
26	Jennifer Sturgill	36:41
27	Dean Badessa	36:45
28	Ricardo Charles	36:52
29	Andy Stone	37:24
30	Marlin Gilbert	37:31
31	Hal Offen	37:49
32	Aaron Rosenthal	38:16
33	John Hornor	38:42
34	Lindzy Bivings	39:13
35	John Wilde	40:05
36	Kent Myers	41:34
37	Robin Rome	43:18
38	Joe Gannon	44:50
39	Michael Barber	44:58
40	Donna Schumacher	45:01
41	Arnie Thompson	45:59

Pilots: Marcus Auerbuch, Natazha Bernie, Jon Bielinski, John Blackman, Charlie Cross, Cedric Delvaux, Paul DuBois, Tim Dumm, Jim Frew, Brian Kiernan, Aniko Kurczinak, John Marsh, Connie Mittendorf, Andrea Morgan, Rob Nikzad, Joseph Omran, Holly Reed, John Robiola, Scott Stark, Ryan Utsumi, Diane Walton, David Zovickian **Helpers:** Andrea Allen, Dean Badessa, Michael Barber, Joni Beemsterboer, Laura Burtch-Zovickian, Robert Colyar, Signe Curtis, Kathleen Duffy, Adam Eilath, Amanda Ernzer, Cyrus Foster, Nancy Friedman, Susan Garfield, Marlin Gilbert, Brian Gilbert, Sheila Gleeson, Susan Hopp, John Hornor, Tom Hunt, Mara Iaconi, Joseph Illick, Susan Lauritzen, Keith Nelson, Peter Neubauer, Todd Newsham, Emily Nogue, David Nosrati, Daragh Powers, Neal Powers, Stephen Schatz, Katherine Schatz, Donna Schumacher, Eric Shupert, Andy Stone, Arnie Thompson, Zachary Walton, Janice Wood, Madhuri Yechuri **Test swim:** Peter Cullinan, Wiktor Jakubiuk, Hal Offen, Joseph Omran, John Blackman, Reuben Hechanova, Terry Horn, Liz Kantor, Brian Kiernan, John Marsh, Mikhail Melnikov, Tom Neill, Sibylle Scholz, Ryan Utsumi

Tom Hofmann Polar Bear Challenge 2018
December 21, 2017 - March 21, 2018

Name	# of miles	V/OG	notes	61	Ted Tilles	41.75	122	Joe Gannon	33	OG
1	Tom Neill	141	OG	62	Mark Harrold	41.5	123	Jon Nakamura	33	OG
2	Randy Edwards	140		63	Gavin Jefferies	41.5	124	Helen McKinley	30.5	V,OG
3	Yossi Ettinger	101		64	Kate Matthay	41.5	125	George Robin	30.5	OG
4	Peter Cullinan	94	OG	65	Sunny McKee	41.5	126	Rory Enke	30	OG
5	Laura Merkl	90	OG	66	Kevin Whalen	41.5	127	Nancy Hornor	30	OG
6	Catherine Breed	81		67	Mikkell Aaland	41	128	Ken Miller	28	OG
7	Lauren Au	80.25		68	Michael Barber	41	129	Lindsay Casablanca	27.75	OG
8	Ryan Utsumi	70.5	V	69	Andrew Braithwaite	41	130	Rusa Chiu	27.5	OG
9	Wolfgang Richter	68	OG	70	Daniel Handler	41	131	Norman Degelman	27.5	OG
10	Milan Odehnal	67	OG	71	Rich Haymes	41	132	John Dugan	26.25	OG
11	Terry Huwe	65	OG	72	David Holscher	41	133	Phillip Rollins	26.25	OG
12	Hal Offen	62	OG	73	John Hornor	41	134	Robin Rome	26	OG
13	Andrew Cassidy	60	OG	74	Morgan Kulla	41	135	Nancy Friedman	24	OG
14	Danny De Leon	60		75	Mickey Lavelle	41	136	Barry Baskin	23.75	OG
15	John Ottersberg	57.25		76	Lolly Lewis	41	137	Joanne Carr	23	OG
16	Marcy Michael	57		77	Arnold Oji	41	138	Thomas McGraw	23	OG
17	Bill Burke	56	OG	78	Jason Prodoehl	41	139	Suzanne F.-Whelan	22.5	OG
18	Vincent Huang	54	OG	79	Gina Rus	41	140	Lee Hammack	22.25	OG
19	Michael T.-Hahn	53.75		80	Susan Saylor	41	141	Marc Cruciger	21	OG
20	Luca Pozzi	53		81	Alex Buehlmann	40.75	142	Nancy Lange	21	OG
21	Donald Osborne	52		82	Gabriella Cross	40.75	143	Ken Frank	20.5	OG
22	Michael Cleaver	51.75	V	83	Timothy Kreutzen	40.75	144	John Theede	20.25	OG
23	Terry Horn	51	OG	84	Thomas Brown	40.5	145	Duke Dahlin	20	OG
24	Andrew Wynn	50.5		85	Lowen Cattolico	40.5	146	Julie Haas	20	OG
25	Charlie Cross	50	OG	86	Pejmun Haghighi	40.5	147	Rey Hassan	20	OG
26	Jim Frew	50		87	Joseph Mannion	40.5	148	Krist Jake	20	OG
27	Stuart Gannes	50		88	David McGuire	40.5	149	Debra Rose	20	OG
28	Joseph Illick	50	OG	89	Lee Smithson	40.5	150	Anne Sasaki	20	OG
29	Holly Reed	50	OG	90	Suma Snehalatha	40.5	151	Donna Schumacher	20	OG
30	Jamie Robinson	50	OG	91	Crissa Williams	40.5	152	Janice Wood	20	OG
31	Jerad Slagle	50		92	Peter Bartu	40.25				
32	Chris Germain	49.5		93	Susan Garfield	40.25				
33	Sean McFadden	49		94	Carolyn Hui	40.25				
34	Ross Browne	47		95	Daragh Powers	40.25				
35	Neal Powers	46	OG	96	Rebecca Tilley	40.25				
36	Deborah Sullivan	46	OG	97	Darcy Wettersten	40.25				
37	Chris Wagner	46		98	Peter Badertscher	40				
38	Madhuri Yechuri	46		99	Jim Barron	40				
39	Andrea Allen	45.25		100	Joni Beemsterboer	40				
40	Marlin Gilbert	45	V	101	Tyler Burton	40				
41	Mark McKee	45	OG	102	Michael Caniglia	40				
42	Rudeen Monte	45	OG	103	Hubert Chaperon	40				
43	Laura Zovickian	44.5		104	William Clemens	40				
44	Lindsay Boswell	44.25		105	Peter Hollingsworth	40				
45	Victor Critchfield	44		106	Heidi Howell	40				
46	Erik Cufino	44		107	Mara Iaconi	40				
47	Tor Lundgren	44		108	Christopher Keene	40				
48	Kevin Shanahan	44		109	Keira Koss-Baker	40				
49	Michaelynn Meyers	43.25	OG	110	Aniko Kurczinak	40				
50	Larry Scroggins	43.25	OG	111	John Mervin	40				
51	Ward Bushee	43	OG	112	Sarah Nalle	40				
52	Dmitry Kosorukov	43		113	Anna Olsen	40				
53	Stephen Schatz	43		114	Mauricio Prieto	40				
54	Bob Cable	42.5		115	Aaron Rosenthal	40				
55	Andrea Morgan	42.25		116	Ben Springwater	40				
56	Rick Avery	42		117	Andy Stone	40				
57	Kathleen Duffy	42	OG	118	Elaine Van Vleck	40				
58	Keith Howell	42	OG	119	Kurt Vanderschalie	40				
59	Peter Neubauer	42	OG	120	Megan Wachs	40				
60	Carter Seddon	42		121	Bob Tandler	34				

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Where Sea Lions Rule

Kelley Heye

When I first learned of swimmers being bitten in our sacred cove, it made me really sad.

Frightening words were being slung around like “fangs,” “stalked,” “mauled” and “attacked.” Suddenly, brave cold-water swimmers were afraid to swim alone, or in the dark, or anywhere but along the buoy line close to shore. Life as we knew it had changed with a hard smack.

As an Animal Care Volunteer at The Marine Mammal Center (TMMC), I often find myself close enough to both seals and sea lions to smell their strong fishy breath. So I can certainly see why anyone might be shy about swimming after a rash of unsettling encounters.

The gloom began in mid-December 2017: within a month, four people were bitten, all near the breakwater, at the Cove opening or by the “Jacuzzi.” The first bitee, Anders Jakobsson, was the luckiest. He suffered just a big bruise to his foot, no skin was broken and the animal was not seen.

The second fellow, Christian Einfeldt, has the most dramatic story to tell. Christian found himself close enough to a “large sea lion” to see its’ “fangs” (aka canine teeth) and “a little tuft of hair on its’ head.” I met Christian one day about three weeks after his encounter; he was still very shaken and swore he’d never forget “those teeth or that tuft of hair.” Who can blame him? The nasty bite on his arm bled profusely and he might not

have survived but for a passing sailboat with someone aboard who knew first aid. He was back swimming off the beach after five weeks, but now - once bitten, twice shy - only swims close to shore.

Rick Mulville was the third swimmer to meet “Bitey.” Rick was swimming near the Jacuzzi and had stopped to take a look around. Suddenly, something “rammed me really hard - it was like being hit by a car.” Rick never actually saw Bitey either, but was left with a wound to his groin that required surgery. “He almost lost the family jewels,” according to one of his SERC friends.

The fourth and, we hope, final victim was Irene Chan. Her adversary grabbed her small knee. Again, Bitey didn’t show his face, which is disappointing since I’m very curious about that “little tuft of hair on his head.” But Irene wasn’t at all fazed by her experience. She was back in the water within a couple of weeks, as soon as the doctor allowed!

And so, after all this, it’s no surprise some of us have become a little more vigilant while swimming in the Cove, at least for the time being, and that’s probably wise. We often forget that we live in a really unique place where wildlife is literally right there next to us. Frightening encounters will happen occasionally, so we can’t forget to use good common sense when approached by a wild critter. Just as importantly, we should also take a moment to appreciate and respect our

wild companions. They are not unlike us - living their lives, looking for fun, food and love. Some are shy, some bold, some startle easily and some are cranky, just like us.

In the end, there is no exact answer to why these four people were bitten. There are more than 250,000 California sea lions in the wild and, according to TMMC, some years the “Herring Highway” runs along the bay shore each winter, sometimes right past the Muni Pier. Maybe that had something to do with it.

I’m sorry these swimmers had to meet Bitey in such a dreadful way, and I’m thankful that they’re all doing well. I hope that soon we will all feel relaxed again, and exhilarated swimming so close to our beautiful flippered friends. And that harmony will once more reign over our beloved cove.

As a volunteer at the Center, I have learned that the animals we swim with are individuals, each with its own personality. I have learned to pay calm, patient attention, to be respectful, to always give them their space... and to be grateful for the gift of sharing their world.

Author’s note: Bitey, the name given to the biter, by the bitees, was only seen once; it is not clear if one animal or even one species was responsible for all four encounters. Most bitees were Southenders; no Dolphins were harmed, at least, not this time.



photo Bill Hunnewell



photo Bill Hunnewell

Cove companions, Left a juvenile California sea lion. Note the ears (and teeth). Right, a Pacific Harbor Seal pup.

Rowing Report

Liteboat Launch

Jay Dean

In the past year we have added four new boats to the Dolphin Club fleet, of a design that is new to both the club and the rowing world. The boats nicely fill a gap in our rowing fleet, expanding our opportunities. They come from a French company, LiteBoat, led by adventurer and ocean rower Mathieu Bonner and designed by noted sailboat designer Sam Manuard. This innovative design first came to our attention when club members met Mathieu at the 2016 Race To Alaska (R2AK) and then rowed LiteBoats owned by Sausalito rower Doug Gilmour. Dolphins experienced in both traditional Whitehalls and open-water shells and, importantly, rowers who had only rowed our wooden

experience, or occasionally shared with a friend in one of our doubles. Rowing with four or more is that much more challenging and fun, as our Wieland rowers well know. But the Wieland, a six-oared pilot gig, is also a 130 year old treasure, so Dolphin rowers took a keen interest in a new four-manned boat (plus a coxswain), light enough to be hung from a ceiling rack and launched by hand. The funds to purchase the Quattro and the two LiteBoat singles was raised by club members in an innovative way. Dolphin Dorian Faust managed a non-profit fund created to support the project, and the needed funds were raised within the club membership, with some matching corporate contributions. A shipping

rowing with two oars or as a “four” wherein four rowers each row with a single, large oar. The latter system, known as “sweep oared” is common in competitive rowing but until this year the Wieland was our only sweep-oared boat.

After a survey of the club membership, the boats have been named. The four-oared flagship will be the Storm; a fine name for a fast boat and a name shared by a long-time Dolphin rower, Jim Storm. Jim is among our club’s Olympic medal winners (silver in the 1964 Tokyo Olympics), and we are blessed to have his volunteer efforts in overseeing, for many years, our rowing operations on Lake Merced. In keeping with the weather theme, the LiteBoat double will be the Tempest, and the pair of singles - El Niño and La Niña. We will hold a formal naming ceremony at our May Rowing Festival.

All Dolphin rowers, whatever their previous experience, can add a new element to their rowing. Rowing Commissioner Wyatt Nordstrom is organizing regular Saturday rows and training opportunities aboard all these boats, including the Storm. The LiteBoat singles and double are also versatile boats that can be carried on car-top racks. Already the double has been rowed on Lake Tahoe and has completed an 8-hour row to Petaluma. The Storm competed in our Angel Island Regatta, rigged as a four, and made the island rounding in a remarkable 1:10 time. We expect these boats to feature in all 2018 regattas, beginning with our McCovey Cove regatta in early April.

By integrating the Storm, Tempest, El Niño and La Niña into our fleet we give all Dolphin rowers a new way to enjoy the bay and expand their rowing experience, and we make real the vision of a rowing club that spans the beautifully traditional to the radically new.



LiteQuattro, “Storm,” introduced to the Bay. Cox: Dorian Fause, rowers: (left to right) Wyatt Nordstrom, Quincy Darbyshire, Thomas Lemmin, Scott Stark

boats, both found the LiteBoats fun and capable, nimble but also stable, even those with no shell rowing experience.

In 2016, we purchased a LiteBoat double owned by Doug and heard from Mathieu about a new prototype, in testing at the time, a four-rower boat called the LiteQuattro. For many Dolphins, rowing is a solitary

experience, or occasionally shared with a friend in one of our doubles. Rowing with four or more is that much more challenging and fun, as our Wieland rowers well know. But the Wieland, a six-oared pilot gig, is also a 130 year old treasure, so Dolphin rowers took a keen interest in a new four-manned boat (plus a coxswain), light enough to be hung from a ceiling rack and launched by hand. The funds to purchase the Quattro and the two LiteBoat singles was raised by club members in an innovative way. Dolphin Dorian Faust managed a non-profit fund created to support the project, and the needed funds were raised within the club membership, with some matching corporate contributions. A shipping

“Water Under the Bridge”

‘W’ater under the Bridge’ signifies the environment and lifeblood of the Dolphin Club in what we do and the need to pay close attention to insure that we can maintain a quality experience. We are not about what should have happened or what might have happened. One of many vital life lessons that I have learned at the Dolphin Club, is “not just the wanting but the doing”. While Desire is the first step, maintaining the tenacity is critical. Just as the water in SF bay, is in constant flux, subject to many factors, so are the forces around the club.

The tidal flow, day in and day out, is what determines how we devote our time, personal and special in our day, to experience a row, a swim or none of the above. Or linger and enjoy the daily banter, ‘What’s the temperature? Which way is the current flowing?’

Or sit in the sun for just a little bit longer and listen to more ‘BS’. Ahhh, nothing like the Dolphin Club on a sunny day. . . .

This aquaculture of swimmers, rowers or ‘others’ who choose to only experience water in their beverage of choice, is as varied as the diverse range of members from all walks of life who come and go to this special

Photo Susanne Friedrich



place like no other. But we cannot be complacent. We cannot let what has happened, the “Water Under the Bridge,” determine our future. It’s up to everyone to make the commitment to make what we have now even better. Time, resources and lots of hard work, is our constant challenge. At the core is the time and energy of volunteers, the true lifeblood of the Dolphin Club, who ramp up their energy and increase their participation for any or all of our upcoming projects.

I ask, first, that you set aside the time to attend at least one DC Board meeting this year or to read through the monthly meeting minutes and see where you can volunteer to help. We need the full combination of all our resources in order that the Dolphin Club can stand up and step into the next century.

We have a new boiler. Next, we will renovate the kitchen, upgrade the utilities, install a ‘grey water’ system and whatever else the budget affords. We are fortunate to be at an enviable, unique waterfront location, but the facility is aging, ‘busting at the

seams’ as our membership grows. Moreover, we are constantly besieged by outside organizations looking to use our premises. While this may validate our existence as a community asset, it comes at a cost for the members, diminishing the quality of our experience.

Hardly had the New Year begun, welcomed by the hardy souls who braved the morning chill, cold water and warm banter in preparation for the annual New Year’s Day, when thanks to the weather and a very big incoming container ship, the ‘Alcatraz Swim, sprouted an ‘asterisk’ and became a modified Pier 39 swim. Yet it was a success, a success that augers well for the rest of the year. As we adapted then, so will we

adapt and evolve in the future.

We must move into the coming year with the understanding that we must be prepared to adapt to changes and the challenges, individually and collectively, stand on the platform created by those who came before us and energize our efforts to maintain the legacy, the history and the honor of being a member in the Dolphin Club.

The Dolphin Club is living on the leading edge of challenging times measured against the clock of the club’s history, its legacy and heritage. By embracing the best of the past we can enhance the quality of today’s experience, and set our goals for improvements in the future. But if we don’t heed the need to take care of our place now, it will be ‘Water Under the Bridge.’

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2018 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Mon 9:45 am	*New Year's Day Alcatraz
Jan 1	Mon 10:00 am	New Year's Day Cove Swim
Jan 27	Sat 10:00 am	*Pier 41
Feb 3-4	Sat/Sun 00:58	24 hour cove relay
Feb 11	Sun TBD	Old Timer's Lunch
Feb 17	Sat 10:00 am	*Gas House Cove
Feb 24	Sun 9:15am	*Pier 39
Mar 17	Sat 10:00 am	*Yacht Harbor
Mar 21	Wed 11:00 pm	End of Polar Bear
Mar 31	Sat 9:00 am	*Dick Beeler Crazy Cove
Apr 7	Sat TBD	McCovey Cove Regatta
Apr 22	Sun 8:00 am	*Pier 23
May 6	Sun 9:15 am	*John Nogue Swim for Science Pier 15
May 12	Sat 8:00 am	*Coghlan Beach (fun swim)
May 19	Sat TBD	Rowers Festival
May 20	Sun 7:30 am	*Bay Bridge
May 27	Sun 9:00 am	*Gas House Cove (fun swim)
Jun 1	Fri 5:00 am	100-Mile Swim Begins
Jun 17	Sat 8:30 am	*Pride Swim
Jul 7	Sat 5:00 pm	*Under 30 & 30-45
Jul 7	Sat 5:30 pm	*Doc Howard Over 45
Jul 15	Sun TBD	Baykeeper Relay
Jul 21	Sat 8:30 pm	*Under the Stars I/S-O/S
Jul 29/30	Sat/Sun 11/8:30	*Santa Cruz Pier Swim
Aug 12	Sun 9:30 am	*Crissy Field
Aug 19	Sun 8:00 am	Joe Bruno Golden Gate
Aug 25	Sat 9:00 am	*Fort Point
Aug 26	Sat TBD	Angel Island Regatta
Sep 8		Dolphin/South End Triathlon
Sep 30	Sun 8:15 am	Escape from Alcatraz Triathlon
Oct 3	Sun 9:30 am	Walt Schneebeli Over 60 Cove
Oct 13	Sat 9:30 am	Alcatraz
Oct 31	Wed 11:00 pm	100-Mile Swim Ends
Nov 10	Sat TBD	Pilot Appreciation Dinner
Nov 22	Thur 9:00 am	Thanksgiving Day Cove
Nov 24	Fri 5:00 am	Grizzly Bear Challenge
Dec 8	Sat TBD	Shiny Shoes
Dec 16	Sun 9:30 am	New Year's Day Qualifier & Holiday Brunch
Dec 21	Fri 5:00 am	Polar Bear Swim Begins
Dec 31	Sun 11:00 pm	Grizzly Bear Challenge Ends

ROWING TRAINING

These Saturdays as 9:00 am

January 20

February 24

March 24

April 21

May 19

June 23

July 21

August 18

September 22

October 20

November 24

December 22

Intro to bay swimming *usually*
offered on the Saturday *or* Sunday
following the monthly Board
Meetings, check website www.dolphinclub.org

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members, who are current on their dues and fees and in good standing.
 2. Swimmers must have current USMS membership, or USA Swimming membership, as appropriate and abide by each organization's rules and requirements.
 3. Swimmers are required to wear orange caps on all scheduled swims.
 4. Swimmers cannot use swim aids including fins and wet suits, on any timed scheduled swims.
 5. New members are not eligible to swim in scheduled out-of-cove swims for either 6-months from the start of their membership, or before successfully completing the 100-mile swim, the Polar Bear swim, or the Accelerated Out-of-Cove process.
 6. All out-of-cove swims require a pilot:swimmer ratio of 1:3.
 7. Time limits may be imposed at the discretion of the Swim Commissioner(s).
 8. All Club boats are reserved for scheduled swims. Co-pilots are encouraged. Riders are prohibited.
 9. Swimmers must register during check-in and attend the swim briefing in order to swim.
 10. To swim Golden Gate or Alcatraz, members must successfully complete at least three qualifying swims and help on at least two swims.
 11. Out-of-town members must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 10 above.
- (Nothing in the above rules shall contravene any applicable Federal laws and statutes.)

Alcatraz Island
1.4 miles



Pier 41 1/2
1.2 miles

Pier 43
1 mile

Fort Point
3.5 miles

Crissy Field
2.5 miles

Yacht Harbor
1.5 miles

Gas House Cove
1 mile

Aquatic Park Cove

SUMMER 2018

DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



Dolphin Log

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Cover: English Channel

Swimmers Lauren Au, Randy

Edwards, Catherine Breed,

Yossi Ettinger

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Editorial Policy

Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

Once 'Round the Cove

Lawrence Ferlinghetti: Honorary Dolphin

By Joe Illick

North Beach resident Lawrence Ferlinghetti, now nearing his one-hundredth birthday on March 24, 2019, has accepted a bid to become an honorary member of the Dolphin Club. Well known as a poet (his best work probably being "The Coney Island of the Mind," 1958) and San Francisco's poet laureate, 1998-2000, he is also a painter, a social activist and the proprietor of City Lights bookstore.

Born in Yonkers, NY, he was an undergraduate at the University of North Carolina, a member of the U. S. Navy during World War II, and a graduate student at Columbia University after the war; he concluded his academic training with a doctorate at l'Universite de Paris. He then married (fathering two children) and moved to San Francisco, where in 1956 he was arrested on obscenity charges (and defended by the ACLU and acquitted) when City Lights published Allen Ginsburg's "Howl." He published many other Beat poets, but his list was larger than the Beats, including other works than poetry. His own poetry contains a strong strain of populism and was also influenced by painting.

He was a sponsor of the "Human Be-In" during the city's Summer of Love. In 1968 he joined a group of writers and editors pledging to resist paying taxes to finance the war in Vietnam. Among his many awards was one from the National Book Critics Circle. He is the subject of a film, "Lawrence Ferlinghetti: A Rebirth of Wonder," (2013). We welcome him and do not insist that he swim or row.

Dolphins swim the English Channel - 2018

Catherine Breed

June 26, 2018 - 9:50:00



Yossi Ettinger

July 18, 2018 - 13:38:00



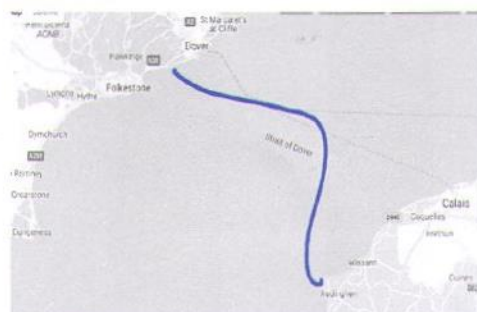
Randall Edwards

July 15, 2018 - 16:45:00



Lauren Au

July 20, 2018 - 11:00:54



Annual Membership Meeting

The annual membership meeting of the Dolphin Swimming & Boating Club will begin at 6:00 p.m. on October 17, 2018 at 502 Jefferson Street, San Francisco, in the Staib Room. The Board will review the business of the past year and proposed activities for the next year. Members are welcome to attend and participate per Article III, Section 6 of the By Laws.

Jack Bettencourt *Member 1970 - 1918*



My father, John Joseph "Jack" Bettencourt, was born in San Mateo on October 23, 1928. His father died when he was nine, and he and his brother were sent to live at their grandfather's ranch in San Gregorio. Jack worked in the fields and attended a one-room school until he entered Half Moon Bay High School, where he discovered sports and joined every team.

He put himself through CCSF and Cal Poly, a prominent figure on the boxing teams of each. He was a Golden Gloves boxer and a contender for the 1952 U. S. Olympic team. A standout of the Cal Poly boxing team, he was undefeated in 1954 when he won his second NCIT title.

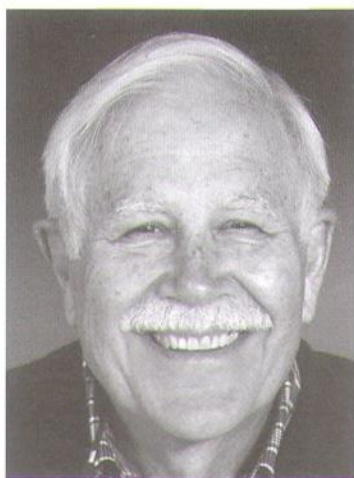
He discovered his love of running in the 1960s; triathlons and marathons became his passion. He joined the Dolphin Club in 1970, where he successfully met the challenge of open water swimming and became president in 1974. I remember the board meetings held in our living room, when as a girl I lay in bed listening to the arguments regarding the admission of women to the club.

He completed the Ironman Triathlon in Hawaii several times, was seen on the Wide World of Sports and in Sports Illustrated, and helped create the EFATevent in 1981, where he was the oldest competitor. His favorite event, however, was the Santa Barbara Triathlon; he ran his last one at age 83. He also became a good snow skier. In 1955 he married Beverly Robbins; they had a son, Jack Cameron in 1956, and a daughter, Julie, in 1954. When my brother Cam died of cancer at age 24, it was said that my father poured his grief into sports.

He loved the Dolphin Club and was seen there until his health would no longer allow it.

Julie Bettencourt Cliff

Richard A. Antonchuk *Member 1982 - 2018*



Richard was born on February 2, 1938, in San Francisco; the youngest of the three children of Alexander and Jena Antonchuk. The family moved to Redwood City in 1946, where Rich graduated from Sequoia High School in 1955. He earned his AA Degree from the College of San Mateo and served in the 1st Infantry Division of United States Army in Germany.

Rich joined the Dolphin Club in 1982

becoming one of our best swimmers and dependable pilots. He completed the New Year's Day Alcatraz, swam the Golden Gate numerous times, received a few Polar Bear awards, and achieved Life Member status. He was also a longtime member of the Menlo Masters Swim Club, competed in local triathlons, and ran Bay to Breakers for 38 consecutive years, 35 of those with his daughter. For his final Bay to Breakers this past May, Rich walked the 12k with all three of his grandchildren.

Rich owned a highly respected hardwood flooring business. In 2000 he and his son replaced the old linoleum in the Staib Room with an oak floor at no cost to the club. They also refinished the handball court.

Rich passed away on July 2, 2018 following a short illness. Memorial contributions may be made to the *Yosemite Conservancy* (www.yosemiteconservancy.org).

Jack Kamesar *Member 1984 - 2018*



Jack Kamesar was born on December 29, 1927, in Tel Aviv. His family, Russian by background, emigrated to Milwaukee in 1938. He moved on to California in 1946 and graduated from UC Berkeley in 1954, having majored in architecture and sculpture. He worked both as a studio artist and an architect, in addition to which he was addicted to classical music. But it took him two hours to swim from Alcatraz. He met his wife Dahlia (also a Dolphin) in 1972; he is survived by two sons, Ari and Elan.

Jack and I swam together for many years. We were both busy with our lives outside the Dolphin Club so the only time available to swim was Tuesdays and Thursdays leaving our homes at 5:15 AM. It was written in stone. Cold, dark, wind, rain no putting the head back on the pillow. We had the theory and practice that running up and down Aquatic Park beach before swimming would lower our skin temperature and make the water seem warmer. We shared the ebbs and floods of life with all the other swimmers. We were friends.

John Horner

A Dolphin Swimming and Rowing Summer

by Aniko Kurczinak
Terry Horn
Ryan Utsumi

We have had an epic summer of individual achievements by Dolphins!

The first of four to cross the English Channel was Catherine Breed, who after a 9-hour flight, rented a car and drove 3 hours to Dover, where she went for a run before swimming 9 hours to cross the channel. Catherine's time will be one of the fastest crossings this season – incredible!

Then came Randy (the Beast) Edwards, who fought the wind and tides, forcing him to swim 45 miles (180 squares!) to cross a 21-mile channel. Randy was accompanied on his swim by dolphins, seals, and jellyfish (oh my!).

Yossi Ettinger was up next with a 13 hour crossing, for his last big swim as a Dolphin Club member – he and his family will be returning to Israel at the end of the summer. Yossi swam through choppy water, wind and waves for the final four hours before ultimately standing on the rocks at Cap Gris-Nez.

Lauren Au began her swim at 4:45 am and finished in 11 hours. Gathering inspiration from her countless swims in the Bay and support from her incredible crew,

Lauren maintained a strong (and fast!) pace throughout the swim. On the France side of the Channel, Lauren was greeted by the rocks at Cap Gris-Nez and a PB&J sandwich.

In the 140+ years at the Dolphin Club, there have been 30 Channel crossings. 4 successful Channel swims in three weeks (let alone in the same year) is unprecedented.

Across the globe, Ryan Utsumi landed in Japan, only to be told there was no possibility to cross the strait given the rough conditions. Ryan studied the current/weather apps and talked the captain into letting him cross in what he thought was a break in the weather. He completed the Tsugaru Strait crossing in 8.5 hours – that ties him for the 4th fastest strait crossing.

Back on the mainland US, Luca Pozzi successfully completed the 20 Bridges Manhattan swim for his 2nd swim toward his Triple Crown. Murky water in the Harlem River and strong winds and chop in the Hudson River couldn't slow Luca who finished in 8 hours and 20 minutes.

Closer to home, David Rich powered across the "true width" course of Lake Tahoe in July. Despite

swimming at 6,225 feet above sea level and battling leg cramps, David persevered through a beautiful Tahoe sunrise and completed his trek from Homewood, CA to Glenwood, NV.

Patrick Grady finished the 12 Bridges swim in Portland in early July.

Many of us followed the swim tracks, cheering our swimmers on from San Francisco and are looking forward to hearing their individual stories.

On the rowing front, Racheal Perry took 1 st place in the Women's Masters C (43 - 49) Single division! This qualifies her to race in the National Championships next month in Lake Merritt in Oakland, where she'll be among the favorites in her division. She's also training for the Head of the Charles where she has placed 3rd and 6th in the past two years in a super competitive regatta.

Congratulations Catherine, Randy, Yossi, Lauren, Ryan, Luca, David and Racheal! We are all proud of you and your amazing achievements.

We are planning a celebration to honor these Dolphins – most likely a BBQ - stay tuned for details!

Racheal Perry Reflects on Her Rowing Experience

Although rowing, sculling in particular, is a solitary sport, I find that I get the best results when I train with others. This makes for tough workouts on the water and great friendships off the water.

I got my first taste of rowing at Brandeis. We had a Club team and I tried it for one season. I sat in an 8 exactly one time (after a winter of land workouts) and the feeling was like nothing I'd ever experienced. Granted it was a boat full of Novice rowers and out of the 500 strokes we took maybe - maybe 10 were in sync but it felt like we were flying across the water. It really stuck with me. I didn't continue with the Brandeis club team though. Some fifteen years later, I shared that story with

my Executive Director in working to describe what teamwork can accomplish. He, in turn, told John Latta. Soon afterward, John lured me into the Dolphin Club. As soon as I walked through the doors I knew that I would pick up an oar again. I started rowing in the Barge under Greg LaRoach. Greg had rowed at Princeton and really loved the sport. He took the Woman's Weiland Team under his wing and coached us to the first of many women's barge wins against the SERC in the annual triathlon. Greg gave me the nudge I needed to start rowing in shells.

I began rowing in the Bay in the 2x and eventually made my way to flat water sculling at Lake Merced. Sculling is such a huge part of my life

now. It has given me an opportunity to learn what real physical pain is and the joy one receives when it all seems worth it.

RACHEAL'S SCHEDULE FOR THE U. S. ROWING MASTERS NATIONAL CHAMPIONSHIP, AUGUST 16-19, LAKE MERRITT
C Women's Quadruple Sculls W4x C (The C is the age group 40-49) This is a composite boat with 2 South End Rowers - Kim Pross and Diane Davis and one North Bay Rowing Club rowers - Abigail Smyth
C Mixed double Mx2x C with Tom Loughlin another Dolphin
C Women's single W1x C
C Women's double W2x C with Abigail Smyth from NBRC.

A new "Storm" on the bay

by Jay Dean



As you'll recall from the last Log, we've added four new boats to the Club fleet, purchased from a French Company, LiteBoat. I described the characteristics as "fun and capable, nimble but also stabile." We purchased two LiteBoat singles (*El Nino* and *La Nina*), one double (*Tempest*) and a four-rower (*Storm*) called the Lite Quatro, enhanced for us to allow it to be rigged both as a "quad" with four rowers, each with two oars, or as a "quad" again with four rowers but each with a single, large oar).

In competitive rowing, the four-oared shell is a very popular class, and has been for well over a century. The "quad", its close cousin, is less common (and more demanding for new rowers) is arguably the fastest class of racing shell. In the late 1940's and early '50's a Dolphin team earned championship trophies in a four. Jim Marino coxed a Dolphin four on the bay and in regional regattas with notable success. At some point the team broke up, the boat was lost and the habit of rowing in fours faded at the Dolphin Club. Fast forward to 2016. A group of rowers got wind of a new four-rower design from LiteBoat, the Quatro, a quad (four-rowers, eight-oars) loosely based on the quads used in a popular new racing class called "Coastal Rowing". Those boats launch and return to a beach when raced, and are built strong and heavy; so heavy that we could not store the boat in a ceiling rack or launch it by hand. The "Liteboat" version is, as the name suggests, sufficiently light that we can do both. The riggers also come on and

off the boat very easily, which helps with space in our boathouse.

In addition to the normal riggers that allow each rower to use two-oars, we suggested the boat could be rigged as a four, with each rower handling one, larger "sweep" oar. The folks at LiteBoat loved the idea, designed new riggers and we ordered a new set of carbon sweep oars. They are easy to spot on the Zahler room west wall with their bright pink sleeves. Since the boat has arrived we have added floatation foam and additional self-bailers to drain away water that gets into the boat in our choppy waters, and we added a "cox-box", a system that allows the coxswain to monitor performance and communicate with the rowers via microphone and speakers under the seats. Rigged as either a quad or a four, the boat, now named *Storm*, has already set records and won regattas. Last fall the *Storm* raced around Angel Island in just over one hour, a remarkable time. How long before we see our first sub-hour Angel Island circuit?

The newly purchased singles and double boats are light and fast like our open-water shells but are significantly more stable, and therefore easier for rowers without shell rowing equipment. The double is especially kind for newer rowers. Dolphins with no rowing experience aside from our wooden boats have successfully rowed it right away. We have found, however, that the singles can be flipped over, and less experienced rowers need a little instruction and practice to handle them confidently.

Nevertheless, the new LiteBoats create a "bridge" class between our traditional wooden boats and the much more challenging open-water shells. Dolphins who have learned to row in our wooden fleet can extend their rowing skills into this fun new class of boat. Like the shells, we can transport our smaller Liteboats on a car rack (the *Storm* is a bit too long). Dolphins have already rowed these

boats on Lake Tahoe and all the way from the club to Petaluma, and are thinking about other opportunities for rowing adventures. They are also fast, close in speed to our shells.

One other feature of the LiteBoats, which we had not anticipated, is that they make excellent pilot craft! The design features an open transom; the stern of the boat is wide and open, allowing a swimmer to pull up onto the back end like a surfboard and then be rowed to a new position or taken to an AB for rescue. Dolphin swimmers may have seen these new, unusually looking boats at recent swims, and can expect to see them often.

Rowing with four rowers in the *Storm*, or six rowers in the *Wieland*, is a special treat for Dolphins; exhilarating speeds, challenging coordination, and the fun of sharing a row with friends. The *Storm* in being rowed nearly every weekend (when conditional allow on this windy summer) in both the four and eight oared configurations. We haven't done any speed comparisons yet, but usually eight oars are a little bit faster than four, but some folks just prefer the feel of a "sweep oar". In any case, having that option is a great enhancement. We're also talking with other clubs about getting their own LiteBoats, including a quarto, so we can develop a racing fleet. If you are interested in experiencing the *Storm* contact the rowing commissioners and watch Wyatt Nordstrom's regular weekly notice of intended practice dates.

A Big Boost for Bay Wetland Restoration

By Sejal Choksi-Chugh



Photo by Gareth Bogdanoff, Flickr/CC

Wetlands protect shorelines from storm surges and flooding, filter pollutants, and provide a home for wildlife. Restoration of San Francisco Bay wetlands is accelerating, thanks to the region's voters.

If you're a Bay Area voter, congratulations! Your vote has begun making a difference for San Francisco Bay. Two years ago, an overwhelming majority of Bay Area voters showed how much they love the Bay by passing Measure AA. The measure created new funding for the restoration of the Bay's wetlands and shorelines.

Now, eight projects are being funded with this new support. The projects will restore thousands of acres of tidal marsh, improve wildlife habitat, and increase shoreline trails and parks. This restoration couldn't be more timely. San Francisco Bay's ecosystem and shoreline communities face a serious threat from rising sea levels caused by global climate change. And as water levels rise to flood infrastructure near the shoreline, such as sewage treatment plants or historic industrial sites, the Bay and local communities could be hit with toxic contamination.

Wetlands provide natural flood protection and filtering of pollutants. But the Bay has lost most of its wetlands due to shoreline development and filling. The newly funded projects

will help reverse some of that damage. In the South Bay, 620 acres of former salt ponds will be restored to tidal marsh, using methods that will help protect nearby shoreline communities from storm surges, flooding, and sea level rise.

In the North Bay, degraded shoreline will be turned back into wetland wildlife habitat in locations that include the San Pablo Bay National Wildlife Refuge, San Rafael's Pickleweed Park, and Petaluma's McNear's Landing. Over several years, 5,000 teachers and students will help plant thousands of shrubs, grasses and other native plants.

In San Leandro, a severely disturbed shoreline area will be transformed into an innovative wetland that will not only provide wildlife habitat but will also reduce pollution from treated wastewater. Baykeeper helped develop the proposal for this "treatment wetland," which could become a model for other Bay Area shoreline wastewater treatment plants.

At Encinal Beach in Alameda, debris will be cleared away and replaced with restored sand dune

habitat, a new trail, and public water access.

Other projects are slated to restore wetlands and increase wildlife habitat along Sonoma Creek, in Suisun Marsh, at a Novato island, and on the San Jose shoreline. Additional funds will be allocated soon for restoration along San Francisco's eastern shoreline. The funding totals almost \$18 million, and more rounds of projects will be funded in the coming 20 years. By showing how much we care about San Francisco Bay, you and the residents of the nine Bay Area counties are making our region's most precious natural resource healthier—and more resilient to sea level rise. To learn more about Baykeeper's work to protect San Francisco Bay, visit us at baykeeper.org.

Sejal Choksi-Chugh is the Executive Director of San Francisco Baykeeper. Since 1989, Baykeeper has been using science, advocacy, law, and a boat to stop Bay pollution. To report pollution in the Bay, call Baykeeper's hotline at 1-800-KEEP-BAY (1-800-533-7229), e-mail hotline@baykeeper.org, or click "Report Pollution" at baykeeper.org.

2018 New Life Members



Leslie Callan



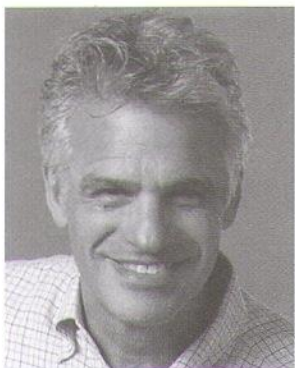
Brett Graessle



Nancy Hoffman



Tom Kuglen



Van Metaxas



Caxton Rhodes

Linda Short
photo not available

OLD TIMERS 30+ YEARS

Brian Gilbert

John Davis

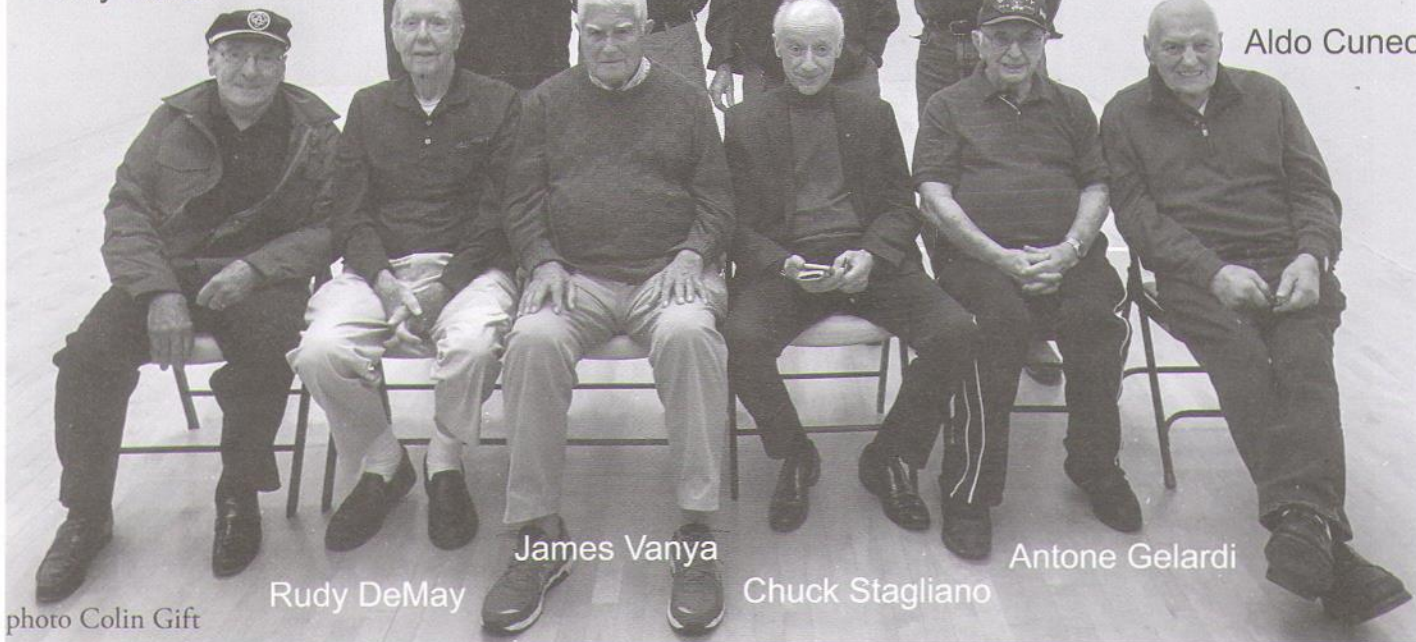
2018

Peter Bianucci

Ed DeCassio Jr.

Jerry Cullen

Aldo Cuneo



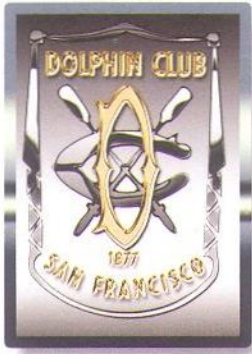
James Vanya

Antone Gelardi

Rudy DeMay

Chuck Stagliano

photo Colin Gift



Life Members 2018





photo Colin Gift

DOLPHIN LOG SWIM STATISTICS

Yacht Harbor Swim MARCH 17, 2018

place	name	time
1	Chad La Tourette	28:14
2	Allison Arnold	28:24
3	Andrew Cosgarea	28:32
4	Matthew Talmadge	28:45
5	Adam Eilath	29:23
6	Ben Zovickian	30:31
7	Laura Zovickian	33:33
8	Stephen Schatz	33:57
9	Michael T.-Hahn	34:09
10	Carlin Eng	34:40
11	Tor Lundgren	35:34
12	Amanda Ernzer	35:43
13	Hubert Chaperon	36:36
14	Jason Prodoehl	37:17
15	Eric Schaefer	37:21
16	Rick Avery	37:34
17	Keira Koss-Baker	37:52
18	Andrew Braithwaite	38:04
19	Anna Olsen	38:15
20	Peter Cullinan	38:17
21	Kevin Whalen	39:11
22	Mickey Lavelle	39:13
23	Andrea Allen	39:39
24	Mark Harrold	40:13
25	Kathleen Sheridan	40:50
26	Danny De Leon	41:11
27	Cyrus Foster	41:30
28	Tyler Burton	42:17
29	Marlin Gilbert	42:22
30	Andy Stone	42:30
31	Ben Springwater	42:31
32	Rebecca Wolski	42:33
33	John Wilde	42:46
35	Kathleen Duffy	42:50
34	Holly Reed	42:50
36	Barry Baskin	42:53
37	Timothy Haines	42:55
38	Hal Offen	43:08
39	Ken Miller	43:11
40	Rich Haymes	43:55
41	Susan Saylor	44:34
42	Jennifer Sturgill	44:46
43	Aaron Rosenthal	45:38

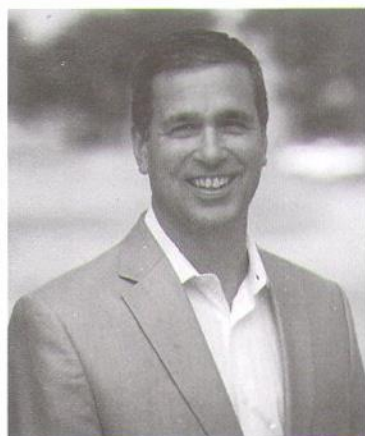
44	Thomas Davis	45:51
45	Andrea Morgan	46:26
46	Peter Neubauer	47:09
47	Alfred Seccombe	47:30
48	Bill Burke	48:29
49	Michael Barber	48:38
50	Donna Schumacher	48:55
51	Joe Gannon	49:10
52	Lindsay Boswell	50:52
53	Stuart Gannes	51:28
54	Suma Snehalatha	65:44
Pilots: Marcus Auerbuch, Eduardo Barranco, Jon Bielinski, Lindzy Bivings, John Blackman, Barry Christian, Gordon Civetz, Charlie Cross, Tim Dumm, Pauline Farmer, Jim Frew, Sheila Gleeson, Deirdre Golani, Reuben Hechanova, Terry Horn, Davis Ja, Brian Kiernan, Tim Kline, Aniko Kurczinak, Eric Lam, Nancy Lange, Marty Machado, Thomas McCall, Jane Mermelstein, David Nettell, Rob Nikzad, Joseph Omran, Jesse Pence, Will Powning, Robin Rome, Lance Starin, Scott Stark, Chris Tschinkel, Ryan Utsumi, Megan Wachs, David Zovickian Helpers: Michael Barber, Barry Baskin, Holly Baskin, Andrew Braithwaite, Gabriella Cross, Eileen David, Cyrus Foster, Nancy Friedman, Andrea Gains-Germain, Joe Gannon, Susan Garfield, Marlin Gilbert, Brian Gilbert, Timothy Haines, Mark Harrold, Rich Haymes, John Hornor, Nancy Hornor, Tom Hunt, Rudeen Monte, Peter Neubauer, David Nosrati, Hal Offen, Nanda Palmieri, Jason Prodoehl, Holly Reed, Jamie Robinson, Polly Rose, Marie Sayles, Suma Snehalatha, Matthew Talmadge, Nihan Tiriyaki, Elaine Van Vleck, Kevin Whalen, Crissa Williams, Janice Wood Test swim: Rick Avery, Lindzy Bivings, Andrew Cassidy, Peter Cullinan, Aniko Kurczinak, Hal Offen, Stephen Schatz, John Blackman, Lowen Cattolico, Adam Eilath, Reuben Hechanova, Terry Horn, Liz Kantor, Brian Kiernan, Thomas McCall, Mikhail Melnikov, Joseph Omran, John Robiola, Ryan Utsumi		

Crazy Cove Swim MARCH 31, 2018

The Dick Beeler Crazy Cove required partners to finish together, to pick up Easter eggs at each of 5 stations around the cove and return with them to the beach. All of the teams completed the tasks: only order of finish was captured.

place	name
1	Allison Arnold
1	Robert Colyar
2	Stephen Schatz
2	Anna Schatz
3	Maggie Loneragan
3	Rose Levien
4	Marc Cruciger
4	Joseph Illick
5	Megan Wachs
5	John Wilde
6	Andrea Gains-Germain
6	Mark Lenz
7	Laura Grubb
7	Kate Matthey
8	Lewis Haidt
8	Timothy Kreutzen
9	Andrew Willis
9	Keith Howell
10	Robin Rome
10	Carolyn Hui
11	Hal Offen
11	Lindsay Boswell
12	Peter Cullinan
12	Donna Schumacher

Pilots: Jon Bielinski, John Blackman, Mickey Lavelle, Thomas McCall, Lance Starin **Helpers:** Allison Arnold, Andrew Cassidy, Robert Colyar, Peter Cullinan, Andrea Gains-Germain, Susan Garfield, Chris Germain, Brian Gilbert, Carolyn Hui, Tom Hunt, Daphne Lagios, Susan Lauritzen, Mickey Lavelle, Hal Offen, Nanda Palmieri, Robin Rome, Polly Rose, Donna Schumacher, John Thorpe, Janice Wood **Special Swimmer:** Era Osibe **Special Helpers:** Nathan and Lauren Goodman **Special Thanks to:** Aniko Kurczinak, Ryan Utsumi, the swim commissioners who designed and ran the swim.



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—
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COMPASS

DOLPHIN LOG SWIM STATISTICS

Pier 23 Swim APRIL 22, 2018

The Earth Day swim had its challenges: strong ebb current that helped push swimmers toward the cove, and a surprising cold water area off the breakwater. This year's winner set a new women's record for the swim, and a new event record.

Place	Name	Time
1	Allison Arnold	25:19
2	Suzanne Heim	28:03
3	Chris Wagner	29:28
4	Patrick Grady	29:33
5	Carlin Eng	29:48
6	Michael T.-Hahn	31:11
7	Hubert Chaperon	31:22
8	Laura Zovickian	31:59
9	Tom Neill	32:53
10	Danny De Leon	33:58
11	Kevin Whalen	34:51
12	Kathleen Sheridan	34:52
13	Terry Huwe	35:49
14	Eric Schaefer	36:42
15	John Gibbon	36:48
16	Timothy Kreutzen	37:18
17	Cyrus Foster	38:01
18	Keith Nelson	39:49
19	Rebecca Wolski	40:38
20	Thomas Davis	41:05
21	Zachary Walton	41:20
22	Holly Reed	41:27
23	John Wilde	42:08
24	John Hornor	43:24
25	Kathleen Duffy	43:38
26	Lindzy Bivings	43:44
27	Kent Myers	43:52
28	Marcy Michael	44:20
29	Jim Frew	44:33
30	Peter Neubauer	46:31
31	Bill Burke	47:37
32	Lewis Haidt	50:29
33	Janice Wood	52:00

Pilots: Bradford Adams, Marcus Auerbuch, Eduardo Barranco, John Blackman, Barry Christian, Paul DuBois, Stuart Gannes, Reuben Hechanova, Terry Horn, Brian Kiernan, Kristina Kordes, Aniko Kurczin, Grant Mays, Thomas McCall, David Nettell, Rob Nikzad, Hal Offen, Will Powning, John Robiola, Maile Smith, Scott Stark, Ryan Utsumi, Diane Walton, David Zovickian **Helpers:** Cynthia Barnard, Bill Burke, Laura Burtch-Zovickian, Andrew Cassidy, Lawrence Creswell, Signe Curtis, Cyrus Foster, Susan Garfield, Brian Gilbert, Patrick Grady, Suzanne Heim, Susan Hopp, John Hornor,

Tom Hunt, Terry Huwe, Daniel Kreider, Timothy Kreutzen, Daphne Lagios, Jean Lamming, Mark Lenz, Rose Levien, Marcy Michael, Andrea Morgan, Keith Nelson, Hal Offen, Anna Olsen, Polly Rose, Gina Rus, Eric Shupert, Elaine Van Vleck, Chris Wagner, Zachary Walton, Crissa Williams **Test swim:** Andrew Cassidy, Peter Cullinan, Nancy Hornor, Wiktor Jakubiuk, Aniko Kurczin, Hal Offen, John Blackman, Jim Frew, Terry Horn, Susan Hwang, Liz Kantor, Brian Kiernan, Tom Neill, David Nettell, Ryan Utsumi **Special Thanks to:** Rose Levien for her help with the roll call and at the start. Izzie Chapaguak, friend of a member, for her help with the clothes wrangling.

John Nogue Swim for Science Pier 15 MAY 6, 2018

place	name	time
1	Catherine Breed	28:36
2	Allison Arnold	28:39
3	Adam Eilath	31:34
4	Chris Wagner	33:08
5	Trent Kloppenburg	34:32
6	Noah Zovickian	34:57
7	Michael T.-Hahn	35:16
8	Laura Zovickian	35:37
9	Tom Neill	36:07
10	Bri McCarthy	36:17
11	Chris Germain	37:05
12	Danny De Leon	38:17
13	Kathleen Sheridan	38:45
14	Cyrus Foster	39:04
15	John Gibbon	39:34
16	Mickey Lavelle	40:00
17	Gina Rus	40:49
18	Terry Huwe	41:11
19	Steve Carlson	42:01
20	Joseph Spallone	42:06
21	Peter Cullinan	42:22
22	John Wilde	42:33
23	Keith Nelson	42:53
24	Rebecca Wolski	44:06
25	Laura Grubb	44:32
26	Mark Harrold	44:35
27	Holly Reed	44:46
28	Marlin Gilbert	45:09
29	Zachary Walton	45:11
30	Denise Sauerteig	45:33
31	Kathleen Duffy	47:30
32	Jamie Robinson	47:44
33	Bill Burke	48:03
34	Kent Myers	48:31
35	Peter Neubauer	50:04
36	Michael Barber	50:42
37	Janice Wood	53:00
38	Sibylle Scholz	57:38

Pilots: Marcus Auerbuch, Jon Bielinski, John Blackman, Barry Christian, Cedric Delvaux, Adrian Dyer, Pauline Farmer, Suzanne Heim, Terry Horn, Davis Ja, Margaret Keenan, Brian Kiernan, Aniko Kurczin, Kate Matthey, Thomas McCall, David Nettell, Hal Offen, Will Powning, Polly Rose, Arnie Thompson, Chris Tschinkel, Ryan Utsumi, Megan Wachs, David Zovickian **Helpers:** Cynthia Barnard, Bill Burke, Robert Colyar, Peter Cullinan, Cyrus Foster, Nancy Friedman, Susan Garfield, Chris Germain, Laura Grubb, Byron Harbour, Tom Hunt, Terry Huwe, Mara Iaconi, Daniel Kreider, Timothy Kreutzen, Daphne Lagios, Bri McCarthy, Heather McClure, Keith Nelson, Emily Nogue, Sophie Nogue, Hal Offen, Anna Olsen, Gina Rus, Eric Shupert, Margo Snyder, Joseph Spallone, Michael Tschantz-Hahn, Zachary Walton **Test swim:** Andrew Cassidy, Peter Cullinan, John Hornor, Nancy Hornor, Aniko Kurczin, Hal Offen, John Blackman, Catherine Breed, Duke Dahlin, Terry Horn, Brian Kiernan, Charmaine Leonard, Thomas McCall, Tom Neill, Donald Osborne, Sibylle Scholz, Ryan Utsumi **Special Thanks to:** Andrew Shupert, for all his help.

Bay Bridge Swim MAY 20, 2018

Because the wind was gusting up to 31 mph, the swim from the Bay Bridge was changed to a Cove Star: from the beach to the repair; repair to the flag; flag to the opening; opening to the goal posts; and back to the beach. Roles changed, but credit was given to those who got up so early to participate, but whose services were not actually needed. All swimmers were credited with a qualified out-of-cove swim.

While places were recorded to insure that the same number of swimmers came out of the water as went in, times were not captured. Since some swimmers did not do the entire star, places were deemed unreliable, so the swimmers are listed in alphabetical order. Fewer pilots were needed than the usual out-of-cove ratio.

Many thanks to Amanda Ernzer, who had volunteered to be the medical personnel for the swim but was able to swim once the event had been changed. **Swimmers:** Lindzy Bivings, Catherine Breed, Laura Burtch-Zovickian, Bob Cable, Steve Carlson, Hubert Chaperon, Gretchen Coffman, Peter Cullinan, Kathleen Duffy, Tim Dumm, Amanda Ernzer, Cyrus Foster, John Gibbon, Patrick Grady, Alexander Groeneveld, Lewis Haidt, Mark Harrold, Alexander Houser, Mickey Lavelle, David McGuire, Marcy Michael, Tom Neill, Hal Offen, Robin Rome, Gina Rus, Marton Siklos, Joseph Spallone, Andy Stone, Matt Stromberg, Michael Tschantz-Hahn, Chris Wagner, Kevin Whalen, John Wilde, Rebecca Wolski

DOLPHIN CLUB VS. SOUTH END TRIATHLON



TAKE BACK THE PLAQUE!

SATURDAY, SEPTEMBER 8TH, 2018

ROW • SWIM • RUN



DOLPHIN CLUB
Established 1877



Dolphin Club Saipan - Pau Pau Beach to Managaha Island - 7.25 km

Eric Abragan, Buboy Aguilar, Yulia Aleksenko, Keith Howell, Michael Morales, Emily Northrop, Anthony Raho, Jay Stearns.
All first timers for this swim.

Times: 3 hours 15 minutes - 4 hours 50 minutes

DOLPHIN LOG SWIM STATISTICS

Pilots: Bradford Adams, Marcus Auerbuch, Jon Bielinski, Brian Kiernan

Helpers: Bob Cable, Steve Carlson, Hubert Chaperon, Adam Eilath, Amanda Ernzer, Cyrus Foster, Patrick Grady, Alexander Groeneveld, Larry Heine, John Hornor, Alexander Houser, Tom Hunt, Susan Lauritzen, Mickey Lavelle, Jacqueline McEvoy, Jacqueline Merovich, Marcy Michael, Peter Neubauer, Daragh Powers, Neal Powers, Jason Prodoehl, Polly Rose, Marie Sayles, Eric Shupert, Joseph Spallone, Andy Stone, Matt Stromberg, John Wilde, Rebecca Wolski

Test swim: Andrew Cassidy, Janine Corcoran, Peter Cullinan, Keira Koss-Baker, Aniko Kurczinak, Hal Offen, Barry Baskin, Holly Baskin, John Blackman, Jim Frew, Reuben Hechanova, Terry Horn, Wiktor Jakubiuk, Brian Kiernan, Thomas McCall, David Nettel, Ryan Utsumi

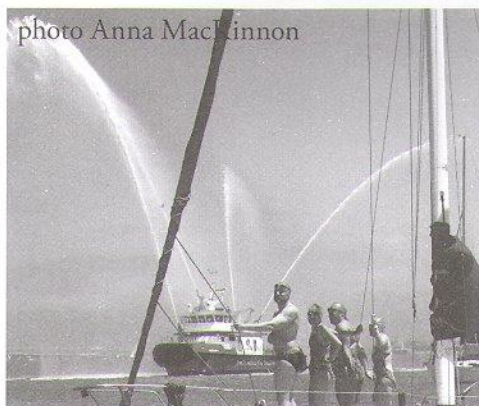


photo Anna MacCinnon

Swimmers prepare to jump at Baykeeper Parade Swim

Gas House Swim MAY 27, 2018

This fun swim did not record times, and the arm numbers were captured only to insure that everyone who started had finished, so the order of finish is not sufficiently reliable to be published. All swimmers, though, received a qualifying swim toward the Golden Gate and Alcatraz swims. Strong flood currents contributed to the fun, and two test swimmers had seal contact adventures (bumps, grabs, no broken skin). **Swimmers:** Andrea Allen, Dean Badessa, Bill Burke, Bob Cable, Steve Carlson, Hubert Chaperon, Janine Corcoran, Ken Coren, Eileen David, Tim Dumm, Carlin Eng, Cyrus Foster, Stuart Gannes, Joe Gannon, John Henderson, Nancy Hornor, John Hornor, Carolyn Hui, Brian Johnson, Margaret Keenan, Terry Keenan, Timothy Kreutzen, Morgan Kulla, Susan Lauritzen, John Lennox, Linda Mahnken, Bri McCarthy, Heather McClure, Kent Myers, Tom Neill, Keith Nelson, Peter Neubauer,

Lorna Newlin, David Nosrati, Donald Osborne, Will Powning, Marie Sayles, Stephen Schatz, Ian Schmidt, Margo Snyder, Joseph Spallone, Andy Stone, Arnie Thompson, Michael Tschantz-Hahn, Zachary Walton, John Wilde, Crissa Williams, Paul Wolf, Rebecca Wolski, Janice Wood **Pilots:** Michael Barber, Eduardo Barranco, Holly Baskin, Jon Bielinski, John Blackman, Talia Brinton, Charlie Cross, Jim Frew, Lewis Haidt, Mark Harrold, David Haskell, Reuben Hechanova, Terry Horn, Brian Kiernan, Aniko Kurczinak, Mickey Lavelle, Charmaine Leonard, Doug Lowney, Thomas McCall, David Nettel, Joseph Omran, Denise Sauerteig, Ryan Utsumi, Diane Walton, David Zovickian **Helpers:** Nancy Booth, Steve Carlson, Dorothee Chabas Chanezon, Hubert Chaperon, Cyrus Foster, Joe Gannon, Susan Garfield, Terry Keenan, Margaret Keenan, Daniel Kreider, Timothy Kreutzen, Athena Kyle, John Lennox, Linda Mahnken, Bri McCarthy, Heather McClure, Rudeen Monte, Kent Myers, Polly Rose, Margo Snyder, Joseph Spallone, Andy Stone, Michael Tschantz-Hahn, Cheryl Wallace, Kathryn Werhane, Paul Wolf **Test swim:** Holly Baskin, Andrew Cassidy, Gretchen Coffman, Denise Sauerteig, Stephen Schatz, Jennifer Sturgill, Ryan Utsumi, Barry Baskin, John Blackman, Bob Cable, Janine Corcoran, Adam Eilath, Jim Frew, Reuben Hechanova, Terry Horn, Aniko Kurczinak, Joseph Omran, Kathleen Sheridan **Special Thanks to:** Talia Brinton, for piloting and serving as the medical technician for the swim, Kristin Rowe, John Rowe - non-members, who helped in the Galley

Pride Swim JUNE 9, 2018

The annual Pride Swim was hosted by the Dolphin Club for both the DC and South End Rowing Club. There were some costumes, some silliness, and just plain fun, with a terrific trinket and great food afterwards. Results for finish order and times were not captured. All DC swimmers, though, received a qualifying swim toward the Golden Gate and Alcatraz swims. Thanks to our SERC neighbors for their swimming, piloting and helping. **DC Swimmers:** Lindzy Bivings, Tyler Burton, Darryl Carbonaro, Peter Cullinan, Kathleen Duffy, Pauline Farmer, Cyrus Foster, Isabel Friedman, Stuart Gannes, Keith

Gray, Laura Grubb, Duff Hearon, Susan Hopp, John Hornor, Alexander Houser, Halie Kampman, Georgy Kartashov, Margaret Keenan, Susan Lauritzen, Mark Lenz, Maggie Loneragan, Linda Mahnken, Marcy Michael, Stuart Moulder, Keith Nelson, Peter Neubauer, Hal Offen, Donald Osborne, Holly Reed, Sibylle Scholz, Donna Schumacher, Kala Sherman-Presser, Suma Snehalatha, Cory Sturtevant, Cheryl Wallace, John Wilde, Andrew Willis, Janice Wood

DC Pilots:

John Blackman, Jim Ebert, Maria Gutkin, Terry Horn, Brian Kiernan, Aniko Kurczinak, Eric Lam, Mickey Lavelle, Mary Magocsy, Thomas McCall, Jesse Pence, John Robiola, Wendy Schuss, Ryan Utsumi, Diane Walton **DC Helpers:** Athena Kyle, Jean Lamming, Susan Lauritzen, Linda Mahnken, Michaelynn Meyers, Stuart Moulder, Peter Neubauer, Hal Offen, Robin Rome, Susan Saylor, Eric Schaefer, Donna Schumacher, Eric Shupert, Suma Snehalatha, Cory Sturtevant, Jill Utsumi, Chris Wagner, Ginny Watson, Kathryn Werhane, Rebecca Wolski **DC Test swim:** Andrew Cassidy, Peter Cullinan, Aniko Kurczinak, Hal Offen, Holly Reed, Anna Schatz, John Blackman, Charlie Cross, Joe Gannon, Mark Harrold, Terry Horn, Keira Koss-Baker, Thomas McCall, David McGuire, Stephen Schatz, Sibylle Scholz, Matt Stromberg **Special Thanks to:** Dr. Marion Guyer, for providing medical coverage for the swim, and Susan Hopp for arranging for Dr. Guyer to join us. Hal Offen: who served as organizer, swim commissioner for a day, general fun, spirit and magnet drawing people in to the fun. 2 pilots whose names could not be deciphered.

Coghlan Beach Swim JUNE 24, 2018

The rescheduled Coghlan Beach swim featured warmer water, some flood current pushing people along and a generally nice day in and near the Bay. It was swum as a fun swim, with no record of times or places, and all swimmers were recorded as having a qualifying swim for Alcatraz and the Golden Gate swims. **Swimmers:** Andrea Allen, Gregory Anderson, Allison Arnold, Cynthia Barnard, Joby Bernstein, Darryl Carbonaro, Ken Coren, Eileen David, Danny De Leon, Pauline Farmer, Jim Frew, Marlin Gilbert, Laura Grubb,

DOLPHIN LOG SWIM STATISTICS

Timothy Haines, Duff Hearon, Susan Hopp, John Hornor, Nancy Hornor, Carolyn Hui, Terry Huwe, Tim Kline, Timothy Kreutzen, Morgan Kulla, Susan Lauritzen, Maggie Lonergan, Heather McClure, Emeline Minor, Andrea Morgan, Stuart Moulder, Kent Myers, Tom Neill, Keith Nelson, Peter Neubauer, Hal Offen, Donald Osborne, Thomas Partridge, Jamie Robinson, Robin Rome, Marie Sayles, Susan Saylor, Ian Schmidt, Hank Scoble, Kala Sherman-Presser, Andy Stone, Jennifer Sturgill, Cory Sturtevant, Matthew Talmadge, Arnie Thompson, Cheryl Wallace, John Wilde

Pilots: Andi Aliko, Dean Badessa, Jon Bielinski, Janine Corcoran, Peter Cullinan, Thomas Davis, Lewis Haidt, Terry Horn, Davis Ja, Brian Kiernan, Aniko Kurczinak, Eric Lam, Mickey Lavelle, Gary Leong, David Nettel, Anna Olsen, Jesse Pence, John Robiola, Wendy Schuss, Kathleen Sheridan, Deborah Sherwood, Chris Tschinkel, Chuck Vogt, Diane Walton

Helpers: Cynthia Barnard, Joby Bernstein, Andrew Cassidy, Peter Cullinan, Danny De Leon, Susan Garfield, Brian Gilbert, Timothy Haines, Tom Hunt, Kristina Kordesch, Athena Kyle, Linda Mahnken, Heather McClure, Kevin Ness, Peter Neubauer, Hal Offen, Anna Olsen, Polly Rose, Eric Schaefer, Eric Shupert, Andy Stone, Susan Sward, Matthew Talmadge, Arnie Thompson, Kevin Whalen, John Wilde, Rebecca Wolski

Test swim: Andrew Cassidy, Janine Corcoran, Peter Cullinan, Joe Gannon, Denise Sauerteig, Anna Schatz, John Blackman, Jim Frew, Terry Horn, Liz Kantor, Aniko Kurczinak, Thomas McCall, Tom Neill, Stephen Schatz

Special Thanks to: Kristina Kordesch, for providing medical coverage for the swim.

Doc Howard Swim JUNE 24, 2018

This set of swims were late afternoon swims. The weather kicked up, so rather than go out of cove to Gashouse for the long course Over 45 swim, both the long course swims of the Over 45 swim and the Up to 45 swim swam from the beach to the flag around to the opening, then outside the breakwater to Creakers, back inside Creakers, and in to the beach. There was a short course Over 45, and a short course Under 30. Times and places were captured for both long course swims, with qualification for the Golden Gate and Alcatraz for both, and times and places for the short course Over 45. There were three daughters of members in the short course Up to 30, who have been listed by youngest first.

Short Course Under 30 Swimmers:

Nava Eilath
Sakura Myers
Katherine Schatz

Long Course Up to 45 Swimmers:

place	name	time
1	Joseph Bernstein	22:26
2	Heather McClure	28:23
3	Evan LaMarre	29:47
4	Fernando De la Parra	31:50
5	Duff Hearon	32:20
6	Hubert Chaperon	37:20
7	Fiona Dearth	38:12
8	Maggie Lonergan	39:01

Short Course Over 45 Swimmers:

place	name	time
1	Jim Frew	17:43
2	Robert Strawbridge	18:05

Long Course Over 45 Swimmers:

place	name	time
1	Stephen Schatz	27:21
2	Peter Bartu	30:37
3	Terry Huwe	31:31
4	Charlie Cross	33:14
5	John Lennox	34:17
6	John Henderson	36:03
7	Aniko Kurczinak	36:08
8	Paul Wolf	36:50
9	Marie Sayles	37:22
10	Susan Hopp	37:24

11	Nancy Hornor	37:27
12	Marcy Michael	38:01
13	Rich Haymes	38:32
14	Andy Stone	39:51
15	Marlin Gilbert	40:20
16	Terry Keenan	40:23
17	Lewis Haidt	40:51
18	Jamie Robinson	40:54
19	Peter Neubauer	42:53
20	Ken Coren	43:08
21	John Hornor	43:48
22	Alfred Seccombe	43:52
23	Robert Colyar	45:38
24	Cheryl Wallace	47:09
25	Eileen David	47:25
26	Susan Lauritzen	48:05
27	Janice Wood	48:09
28	Arnie Thompson	49:51
29	Lorna Newlin	49:52
30	Stuart Gannes	51:23
31	Cynthia Barnard	56:06
32	Kate Matthey	58:38

Pilots: Joe Gannon, Mickey Lavelle, Tor Lundgren, Thomas McCall

Helpers: Allison Arnold, Ken Coren, Brian Gilbert, Anne Hamersky, John Henderson, Libbie Horn, John Hornor, Nancy Hornor, Tom Hunt, John Ingle, Terry Keenan, Timothy Kreutzen, Jean Lamming, John Lennox, Tor Lundgren, Lorna Newlin, Daragh Powers, Neal Powers, Polly Rose, Robert Strawbridge, Cheryl Wallace, Paul Wolf

Test swim: Peter Cullinan, Joe Gannon, Libbie Horn, Terry Horn, John Hornor, Joseph Illick, Chris Wagner, Natasha Bernie, Jon Bielinski, John Blackman, Charlie Cross, Nancy Hornor, Brian Kiernan, Aniko Kurczinak, Alex Migoushov, Sibylle Scholz, Scott Stark, Jill Utsumi, Ryan Utsumi

Special Thanks to: Andrew Cohen, the piano player All those who did show up to pilot, but weren't needed. They will all get credit for piloting: Jon Bielinski, John Blackman, Paul DuBois, Brian Kiernan, David Nettel, Joseph Omran, John Robiola, Scott Stark, Ryan Utsumi, Chris Wagner, Diane Walton

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"Summertime and the Living is Easy. . ."

by Reuben Hechanova

Well . . . 'Easy', in spite of being such a simple word, is a hard subject to discuss over a few rounds or more drinks at the Dolphin Club's Friday Happy Hour. Borrowed from the 'Summertime' lyrics of Porgy and Bess, an American opera, the melodic ' . . . Living is Easy' is like the San Francisco Summer Fog. Where it lingers, hovers or is suspended over the bay, the Fog typically cloaks the Dolphin Club Summer lifestyle in all manners of activity sprinkled with humor, gleefully executed with unbridled enthusiasm or not, making all the Dolphin Club choices, 'easy'.

In typical fashion, the Summer season is a fog shrouded sun, sprinkled with promises of fun and maybe, just maybe, a midday run. The smorgasbord of choices is all too easily served, but preferably 'sunny side up' in this waterfront adventure camp. The gamut of possibilities to swim, row, work out in the Weight room, slap a handball or go on a run is subject to whatever the weather serves up. Equally shared by all is the search for the elusive commodity of finding enough time. Much like the relative theory of applying 'suntan lotion', either it may be too much, or at times too little but sometimes, just right.

Old Timers in the Dolphin Club have discovered the 'Fountain of Youth', sharing a concocted elixir of precious time on any given day. Creatively blended, mixed and distilled by ingredients borrowed from 'somewhere', this elixir is ritually served, day in and day out. This commodity, like change in your pocket, serves as a currency to willfully spend on the DC 'trifecta'. All bets are rewarded if the choice is an easy Swim, Row and/or Run, but within one fell swoop, in this waterfront casino of 'pay to play', go for broke. The Biggest Reward gets you ready to win back the 'Plaque' on September 7th. The

DC/SERC Interclub Triathlon, the annual challenge between lifelong competitors. Over the 800+ scoring point system, the Dolphin Club lost the Plaque by "2" points. Never again! A rallying cry calls for all Dolphins to participate, young to old, to contribute the scoring points in their age bracket.

Swimming Aquatic Park Cove is easy. To truly test your ambitions, 'Channel' your aspirations of swimming 'solo' at a global level of the English, North, Molokai and or Catalina. You can also try getting it 'strait' with the Tsugaro, Gibraltar, Cook etc... If local is your starting

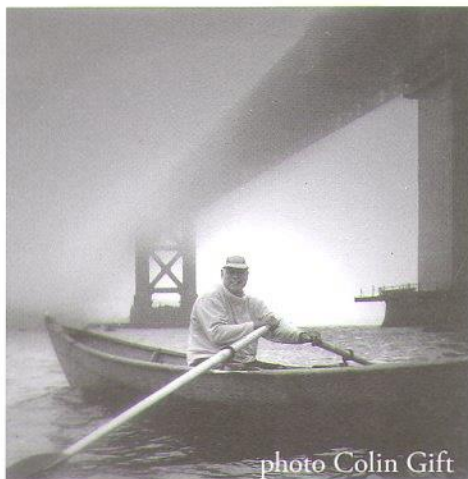


photo Colin Gift

point, go for the Bay2Breakers, Trans-Tahoe or Santa Barbara. Add to the 'local' flavor of swimming the intimidating Farallon swim in shark-infested waters. Any of the above categories qualifies as living through a never-easy swim, if you make it.

Relatively speaking, being on the water in whatever 'floats your boat' is an easy choice. You can row vintage 'Whitehalls' or Shell, and paddle Kayaks or SUPs. Numerous destinations in SF bay beckon and reward all with a view of the iconic Golden Gate Bridge, or the restaurants of Sausalito or Sam's in Tiburon. The Bay Bridge, AT&T Park or the Ferry Building's Farmer's Market, back-dropped by the City, are waterfront

choices that rival the age-old classic of a row around to 'escape' Alcatraz. There are numerous islands with storied residents such as Alcatraz, Angel Island-the Ellis Island of the West Coast, Treasure—former Naval base and Yerba Buena-now the home of Vessel Traffic and a US Coast Guard station. All within the time, tides and traffic of an easy stone's throw from your vessel, fueled by your seafaring explorer DNA. Local, State, Regional and National regattas beckon the truly ambitious Rower. Awaiting the bold in the Northwest is the R2AK (Race 2 Alaska), the version of the 'Idatarod on Water'. After 750 + miles of travel on the water, the Winner pockets \$10K and Second is rewarded with a 'nice set' of Steak Knives. Now, if rowing historically classic regattas is your cup of tea, the HOCR (Head of the Charles Regatta) will classically 'burn the carbon out of your lungs'. One local adventure for the adventuresome rower is the row to Sacramento. This one and others mentioned are never 'easy'.

On any given day, to Run is a decision made 'easy' by the lure of the iconic Golden Gate Bridge, a beacon on the horizon with a reward at midpoint by the 'hand slap' at Fort Point, a brick gargoyle and guardian of the bay, remnant of an earlier era. The running tradition in the DC and SE goes back decades as influenced by Walt Stack, a legend then and now. Whether you pursue a run or hike on the legendary Double Dipsea, whether you participate in the storied Dolphin Club EFAT (Escape From Alcatraz Triathlon) or to run, hike or walk on Mt. Tam, never described as 'easy'.

But sage advice, in Walt Stack's legendary words, that still ring true, "Start out 'easy' and then taper off. . . Participating in the DC/SERC in September as a Rower, Swimmer or Runner is an 'Easy choice', JUST DO IT!



The Dolphin Swimming
& Boating Club
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2018 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Mon 9:45 am	*New Year's Day Alcatraz
Jan 1	Mon 10:00 am	New Year's Day Cove Swim
Jan 27	Sat 10:00 am	*Pier 41
Feb 3-4	Sat/Sun 00:58	24 hour cove relay
Feb 11	Sun TBD	Old Timer's Lunch
Feb 17	Sat 10:00 am	*Gas House Cove
Feb 24	Sun 9:15 am	*Pier 39
Mar 17	Sat 10:00 am	*Yacht Harbor
Mar 21	Wed 11:00 pm	End of Polar Bear
Mar 31	Sat 9:00 am	*Dick Beeler Crazy Cove
Apr 7	Sat TBD	McCovey Cove Regatta
Apr 22	Sun 8:00 am	*Pier 23
May 6	Sun 9:15 am	*John Nogue Swim for Science Pier 15
May 12	Sat 8:00 am	*Coghlan Beach (fun swim)
May 19	Sat TBD	Rowers Festival
May 20	Sun 7:30 am	*Bay Bridge
May 27	Sun 9:00 am	*Gas House Cove (fun swim)
Jun 1	Fri 5:00 am	100-Mile Swim Begins
Jun 17	Sat 8:30 am	*Pride Swim
Jul 7	Sat 5:00 pm	*Under 30 & 30-45
Jul 7	Sat 5:30 pm	*Doc Howard Over 45
Jul 15	Sun TBD	Baykeeper Relay
Jul 21	Sat 8:30 pm	*Under the Stars I/S-O/S
Jul 29/30	Sat/Sun 11/8:30	*Santa Cruz Pier Swim
Aug 12	Sun 9:30 am	*Crissy Field
Aug 19	Sun 8:00 am	Joe Bruno Golden Gate
Aug 25	Sat 9:00 am	*Fort Point
Aug 26	Sat TBD	Angel Island Regatta
Sep 8		Dolphin/South End Triathlon
Sep 30	Sun 8:15 am	Escape from Alcatraz Triathlon
Oct 3	Sun 9:30 am	Walt Schneebeli Over 60 Cove
Oct 13	Sat 9:30 am	Alcatraz
Oct 31	Wed 11:00 pm	100-Mile Swim Ends
Nov 10	Sat TBD	Pilot Appreciation Dinner
Nov 22	Thur 9:00 am	Thanksgiving Day Cove
Nov 24	Fri 5:00 am	Grizzly Bear Challenge
Dec 8	Sat TBD	Shiny Shoes
Dec 16	Sun 9:30 am	New Year's Day Qualifier & Holiday Brunch
Dec 21	Fri 5:00 am	Polar Bear Swim Begins
Dec 31	Sun 11:00 pm	Grizzly Bear Challenge Ends

ROWING TRAINING

These Saturdays as 9:00 am

January 20
February 24
March 24
April 21
May 19
June 23
July 21
August 18
September 22
October 20
November 24
December 22

Intro to bay swimming *usually*
offered on the Saturday *or*
Sunday following the monthly
Board Meetings, check website
www.dolphinclub.org

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members, who are current on their dues and fees and in good standing.
 2. Swimmers must have current USMS membership, or USA Swimming membership, as appropriate and abide by each organization's rules and requirements.
 3. Swimmers are required to wear orange caps on all scheduled swims.
 4. Swimmers cannot use swim aids including fins and wet suits, on any timed scheduled swims.
 5. New members are not eligible to swim in scheduled out-of-cove swims for either 6-months from the start of their membership, or before successfully completing the 100-mile swim, the Polar Bear swim, or the Accelerated Out-of-Cove process.
 6. All out-of-cove swims require a pilot:swimmer ratio of 1:3.
 7. Time limits may be imposed at the discretion of the Swim Commissioner(s).
 8. All Club boats are reserved for scheduled swims. Co-pilots are encouraged. Riders are prohibited.
 9. Swimmers must register during check-in and attend the swim briefing in order to swim.
 10. To swim Golden Gate or Alcatraz, members must successfully complete at least three qualifying swims and help on at least three swims.
 11. Out-of-town members must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 10 above.
- (Nothing in the above rules shall contravene any applicable Federal laws and statutes.)

Alcatraz Island
1.4 miles

Fort Point
3.5 miles

Crissy Field
2.5 miles

Yacht Harbor
1.5 miles

Gas House Cove
1 mile

Aquatic Park Cove

Pier 41 1/2
1.2 miles

Pier 43
1 mile

FALL 2018

DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



Dolphin Log

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Cover: Ben (5) and Noah (7)
Zovickian. Twelve years later,
in 2018 GG Swim, Ben finished
1st and Noah 4th.

Photo: Laura Zovickian

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Editorial Policy

Submission of any and all material
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publish submitted material will be
the decision solely of the editors.

Once 'Round the Cove

Building a 21st-Century Clubhouse

The Renovation Committee

Our clubhouse gives us a lot: Banquets from the stoves. Workouts in the weight room. Water, electricity, and heat on demand. Protection from sun, rain, fog, and king tides. A sense of community.

Now the clubhouse needs us to give back.

Recognizing the need and the opportunity to undertake a major upgrade of vulnerable parts of our facility, the Dolphin Club Board of Directors has approved planning studies for structural improvements that will fortify our clubhouse and ensure that it's still viable in 2077 – our 200th anniversary.

The board also authorized the creation of renovation and fundraising committees to explore ways to realize the improvements and cover their costs. The renovation committee consulted with structural engineers, soil engineers, and architects to explore the possibilities. During the last quarter of 2018, the renovation committee held a series of town hall meetings with club members to share those findings; more meetings will be held in 2019.

Here's where we now stand.

The need

- Our galley (kitchen) does not meet San Francisco Health Department requirements for ventilation, fire suppression, and rodent proofing.
- In fact, the current structure cannot be rodent proofed, because it has no foundation.
- The galley is not compliant with current structural, mechanical, plumbing, electrical, energy-conservation, and life-safety-system code requirements.
- There is no foundation under the weight room.
- Our elevator is not compliant with current accessibility codes and will require replacement.
- Throughout the building, our plumbing, sprinkler, electrical, HVAC, and life safety systems are deficient and will require substantial upgrades.

What about sea-level rise?

- By 2100, according to Measure A estimates, sea level in San Francisco will rise between 5 and 11 feet.
- The existing boathouse floor level is about 6 feet above the highest king tide. Projections call for increasing sea-level rise and higher high tides.
- Jefferson Street is currently about 3 feet higher than the highest king tide.
- If the projections are accurate, Jefferson Street will be flooded and the shoreline will be halfway up the hill to the cable car turnaround.
- The proposed new galley and common area are designed with foundations to help withstand sea-level rise, and with a floor level that matches that of the boathouse.
- There is no proposal at this time to raise the entire club.
- We expect that the proposed remodel would properly serve the club through 2077.

Letters to the Editor

Even the nicest dog will bite if it's left alone on leash. They are afraid and in a panic may bite
Scott Anderson, DVM

In the Dolphin Log (Summer, 2018) my name appeared along with the other new Life Members. Instead of my name, the name "Linda Short" appeared. Ouch!
Laura Short

Photo Susanne Friedrich via Getty Images



Made you look. Charlie Korelec, John Davies and Bob McKenzie in younger days.

The opportunities

- Upgraded, **code-compliant systems** throughout the clubhouse.
- **New foundation** under the galley and weight room.
- A **second-story addition*** above the existing weight room. The weight room would move upstairs and be accessible through the Staib Room, with an outdoor deck for erging, stretching, and cardio exercise.
- A **new common area*** on the lower floor that opens onto the deck and accommodates up to 50 people for boat-night dinners, swim briefings, classes, swim brunches, and general lounge space.
- A new self-service prep area outside the main galley, suitable for small gatherings, with microwave and coffee and tea equipment.
- All improvements would be consistent with the historic character of the existing clubhouse.

**These major changes are subject to approval by club members, and city and regional agencies.*

The costs

- Final costs won't be known until completion of permit drawings.
- Cost estimates from four contractors for galley and elevator replacement alone were \$750,000.
- We expect the entire project cost to be about \$3 million.
- For comparison, the South End Club's recent addition cost \$2 million, and its cook shack, built 10 years ago, cost \$900,000.

The timeline

- Architectural design: 3 months
- Planning and building review: 18 months or longer. Several agencies will be involved, including San Francisco Recreation and Park Department (our landlord) and San Francisco Bay Conservation and Development Commission (BCDC).
- Construction: 9 to 12 months
- During construction, the galley and weight room would be closed. Refrigerators and microwave would be available in the boathouse. Large events would require the services of outside caterers; smaller events might rely on the SERC kitchen next door. We might also be able to use the SERC gym facilities.

Your role

• Get involved in the process. We are continuing to solicit member feedback about the proposed changes. At the next series of town hall meetings, in January, we'll present updated designs and renderings based on members' and agencies' feedback.

• **Support the future of the club and donate to our existing Dolphin Club Building Fund by check (payable to SF Baykeeper with DC in memo line), online at <https://baykeeper.org/dc>, through gifts of stock, through memorial or tribute donations, and through planned-giving bequests.**

We look forward to answering your questions and embracing this opportunity to revitalize our clubhouse.

Renovation Committee: John Hornor, *Chair*, Jay Adams, Peter van der Sterre, Davis Ja, House Captain, Chris Wagner, *Treasurer*, Reuben Hechanova, *President*



Architect's rendering of the proposed clubhouse renovation. Image: Hood Thomas Architects, San Francisco.

Pink Flamingo in Gay Parea

by Briana McCarthy



Duke Dahlin performing in the Pink Flamingo at the Gay Games in Vancouver in 1990.

San Francisco Tsunami Aquatics has a long history of promoting inclusion in aquatic sports and sends athletes every four years to the Gay Games. This year, Dolphin Club members of Tsunami, Duke Dahlin, Katie McCall, Briana McCarthy, Kris Estrada Pozzi, and Luca Estrada Pozzi, competed in swimming, open water, and synchronized swimming at various historic pools and sites in and around the city of Paris in the tenth edition of these Games.

Gay Games was first founded as the Gay Olympics to promote acceptance of sexual diversity in athletics. Tom Waddell, an Olympic decathlete and medical doctor, who first came out in People magazine in 1976, had found athletics to be a source of personal liberation, but as a long-time athlete, knew all too well that for many LGBT people, the opportunity to participate in sports as an openly gay athlete was not an option. After fighting an injunction from the U.S. Olympic Committee related to the use of the word "Olympic" just days before the games began in 1982, the inaugural Gay Games kicked off in San

Francisco with 1,350 athletes competing in 16 sports. Waddell's legacy lives on, as the Federation of Gay Games plans the 11th edition in Hong Kong in 2022.

There are no criteria for entering the games; it's really inclusive.

With 36 sports and counting, athletes have the option to compete in multiple events, but the highlight of Gay Games (and of any International Gay and Lesbian Aquatics [IGLA]



Here's what it takes to get a swimmer airborne.

© 2018 M. Faluomi - Paris2018 / Gay Games10



Briana McCarthy and her partner Danielle Rossoni at the Paris Games. They trained 3,000 miles apart yet still won 1st prize.

competition) is, without a doubt, Pink Flamingo.

This flamboyant competition's origins are debatable: did it begin when New York athletes at the 1987 IGLA in San Diego brought costumes, wigs, and Lady Liberty torches to wear while receiving their relay awards? Or in 1988, when at a friendly meet in Seattle, two LGBT teams added a final relay to the competition involving wearing pink flamingo inflatable hats?

Whatever its origins, the Pink Flamingo event is now the hottest ticket at Gay Games. It sold out this year as crowds of athletes, supporters, and curious Parisians flooded into Piscine Georges-Vallerey to watch the awe-inspiring performances.

Think, "drag show meets comedy cabaret meets synchronized swimming", but with polo balls, water cannons, and lots of colorful, inflatable flare. Skits tell stories around the theme competition's theme (this year: French

Kiss). Moulin Rouge was the most popular choice with teams from New York, Paris, London, and beyond vying for the judges' favor. Cheers from the roaring crowd accented flirtatious, French-inspired performances given by multi-talented swimmers decked out in skimpy courtesan costumes. The Out to Swim club from London took home 1st place for their performance on "How to French Kiss."

Luca Estrada Pozzi took home three medals in men's 30-34 division: the 5k Open Water (gold), 1500m Free (silver), and 800m Free (bronze). Kris Estrada Pozzi dominated the women's 35-39 division with 6 gold medals in the 400m, 800m, and 1500m Free, 50m and 100m Fly, and 2.5k Open Water. Duke Dahlin also sparked with a whopping 7 medals in the men's 70-74 division: 50m, 100m, and 200m Back, 400m IM, 4x50m Medley relay (gold), as well as the 4x100m Medley and 4x50m Free relays.

On the synchronized swimming front, Katie McCall dazzled the spirited crowd. She took home a gold medal for the 35-49 team event.

Briana McCarthy, yours truly, earned a silver medal for the women's 35-39 5k Open Water and gold in 30-39 Duet, despite the fact that my partner, Danielle Rossoni,

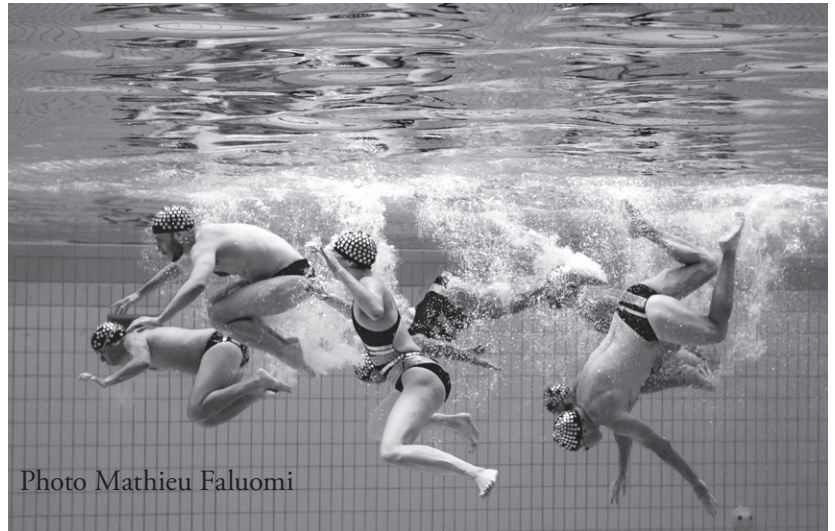


Photo Mathieu Faluomi

In synchronized swimming there is organized confusion under the water but above the surface (below), all is in sync.



Photo Mathieu Faluomi

moved to the East Coast back in December. We Skyped every week to write choreography and "land drill," using arms as legs while we watched each other. We had friends, family and coaches film us individually swimming our routines, shared videos over Dropbox, and had two intensive 4-day retreats together. We didn't see each other for 3 months prior to Paris, so swimming together took some adjustment. All the complex coordination clearly paid off, though, as we earned gold medals for our combined score in technical and free routines, the latter swum to an Elton John mash-up.

We hope to see some of you at Pink Flamingo Hong Kong 2022. In the meantime, congratulate your fellow Dolphins on their international successes!

What I Run For

A semi-coherent justification for doing and repeating

By Will Callan

Running, like all passions, is contradictory. You run toward a goal — hit this pace, climb this mountain, dust this enemy — but once you've reached your target it becomes insignificant. To put it another way, you're always running after something clearly defined, but once you get there, it's not there, and it's on to the next thing. Some might call this progress, but that would only be fair if every performance were an improvement, and that's never the case. Runners rise and fall.

Another contradictory element of the sport is its marriage of pleasure and pain. Running energizes you, and saps you. It is heavenly and hellish. It can be torture to run, and to abstain, and relief from one only comes from the other. Obviously I do not need to lecture this audience on the emotional contours of miserable activities, but I am interested in why we do things that a) have no clear purpose and b) are often not very much fun. Through a personal account I will try to answer why.

On September 30th I, along with 49 others, ages 25 to 69, completed the Escape from Alcatraz Triathlon: Alcatraz to Club (swim), Club to Mill Valley (bike), Mill Valley to Stinson and back (run). It was my second year. To get a sense of how unwise it is for me to participate in the EFAT, consider my stats: I am six feet, four inches, 160 pounds, and feel betrayed by everyone who's ever told me that cold water swimming puts fat on your bones. Despite logging 20 cove miles this September, I'm as thin as the line between DC and SERC. Thirty minutes in the water still guarantees at least five of violent shaking in the sauna. And having reached the goalpost or repair I am just as likely as before my training to gulp in silent panic at the yawning distance from shore, wide as a whale's mouth.

After the swim leg of last year's race (my first), which was held in late October due to the North Bay

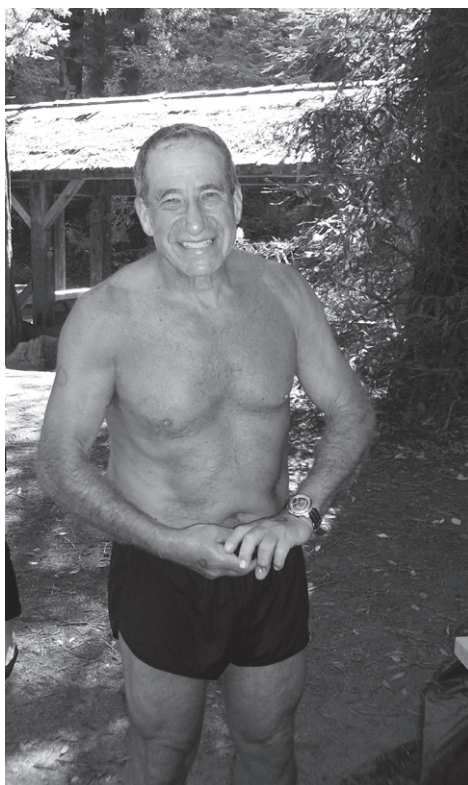


Author Will Callan, who won the run in the Dolphin Club/South End Tri, was also the fastest runner in the Escape.

fires, and therefore in much colder water, I was looking at the world through a tunnel. I could not speak. Yes, I recuperated in the sauna, and went on to the bike and run, and yes, I felt strong on the run — there was a lot of pleasure on that run — but still, hypothermia? Why would I risk that again? This year, in warmer water, I sustained slightly less brain damage, but those questions lingered. Unable to answer them myself in the days following the race, I turned to the experts — the revered, the graying, the generous-with-their-time: the old-timers. Except, maybe a bit embarrassed, I

didn't ask them exactly that. I couldn't make it all about me. So I asked them why they keep doing it.

Jon Nakamura, who with South Ender Keith Nowell shares the record for most EFATs completed at 29, does it for the "endorphin and ego high," and because he "wouldn't run if it wasn't for the Escape." As a 33 year old in 1990, a triathlon that ended with the Double Dipsea seemed to Jon "impossible" and "like something you should try once." And now we're here. Sunny McKee, a 21-time finisher and former organizer of the race, speaks



Hal Offen (18 EFATs) runs the Dipsea trail every three weeks.

in a laidback, possibly Southern drawl about how appealingly “laidback” the event appeared to her and Mark, her husband, when they moved to San Francisco and joined the club in 1995. “You don’t start out to do it that way,” she said of her 21 races. “But then you kind of get this streak thing. Once you start doing it...Well, I just need to do this.” Hal Offen boasts 18 EFATs. He runs on the Dipsea trail once every three weeks, slowly, yes, but intentionally, head down in focus, as if each step, like the foot and handholds of a free soloist, were planned. “It’s kind of my solace,” he told me in the sauna, gathering his enormous towel around him. “I just know the trail so well.”

Does any of this wisdom help me answer my question: why repeat a dangerous thing? Jon’s self-deprecating testimony in favor of consistency, Sunny’s subtly competitive intoxication, and Hal’s intimacy with the place - each glance at an answer. But the real answer — and here I waded into the clichéd shallows — has to come from me.

Clarity comes on the trail, on Mount Tamalpais. The mountain

is always there. It’s the first to see the weather that will shape our day. Blanketed in shadow and green, it watches the water, and us, marking our brief and thrashing progress from rock to sand. It is, to me, the most attractive feature of the race. I’ve run on it for years. It is always familiar, and always a challenge.

I enjoy it so much because I know at all times where I am and where I’m going. Well-oriented, I home in on the immediate sphere. The whole memory of the mountain on a particular day, especially a taxing one, is a sort of pleasure nugget, infinitely textured, and open to review.

Drawing at random from this year’s run, there was the pleasure of realizing, halfway between Dynamite and Cardiac, that while swimming I had swallowed or otherwise filled my sinuses with three gallons or so of water. I had been firing snot at regular intervals into the dust and poison oak, when all of a sudden it lost its viscosity, spattering my shorts and singlet, much to the horror of the passing software salespeople in their yoga pants and vests. There was the aid station above Suicide, peopled by all living generations, and offering, among the GU and chocolate, salted red potatoes. And there was the pleasure of things getting better: approaching Cardiac, I felt momentarily lighter. The balls of my feet connected with the most propulsive roots and stones. The day-hikers disappeared, the moss flared, and the sky through the branches dropped to my level and sucked me clean into the open space.

I drank some water, dropped into Stinson, turned around, and did it again. It kept getting better, even as it got worse. Because the harder it gets, the closer you get to the finish. I’m not saying

it gets better because you’re almost done. I’m saying that it — the swim, the bike, the run, the in-betweens — appears its most precious with the finish line in reach. A drop of premature nostalgia enters your bloodstream. You start to miss what you had feared. The rest of the day feels as much like a mourning as a celebration.

When I was lying in bed the night after my first EFAT, I was remembering, without meaning to, what I could of the swim. I saw the fog on Alcatraz, the silver green water, and the dark spray of barnacles along the wall before the jacuzzi. Strangely, it was the most comforting thing I could imagine. It literally put me to sleep. Not til this August, as summer’s optimism waned, did the fear grow in my belly again, by which point, I told myself, it was too late. I had paid my registration fee, expressed my commitment to others. And for no reason other than that it sounds right, I wanted to embody, in the most harrowing way possible, the Confucius-by-way-of-Thoreau quotation carved in wood and fixed above the doorway in the Zahler boat hall: “Renew thyself completely each day; do it again, and again, and forever again.”



Jon Nakamura (29 EFATs) likes the endorphin high while Log designer and ex-EFAT organizer, Sunny McKee (21 EFATs) has got into “this streak thing.”

Dolphin Families in the Water

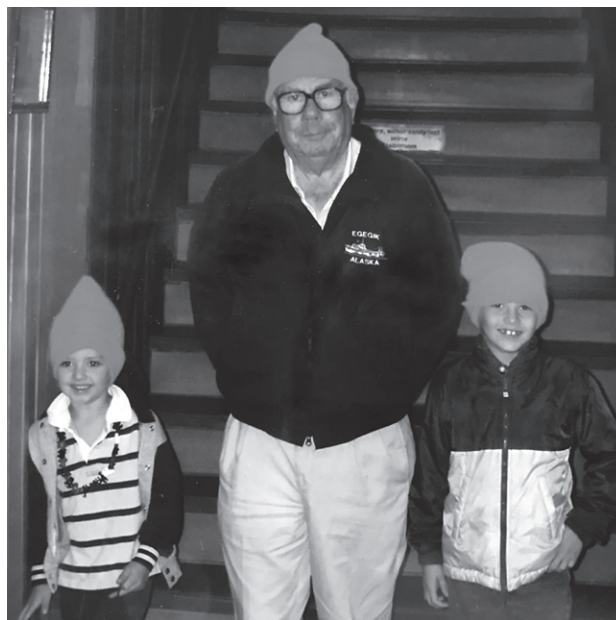
By Joe Illick

The results of the 2018 Golden Gate swim told the story: Ben Zovickian #1, Noah Zovickian #4, Laura Burtch Zovickian #8. And when the helps were announced after the event it was no surprise to hear David Zovickian, husband of Laura and father to Noah (20) and Ben (17), named as one of the pilots – a Dolphin family in the water.

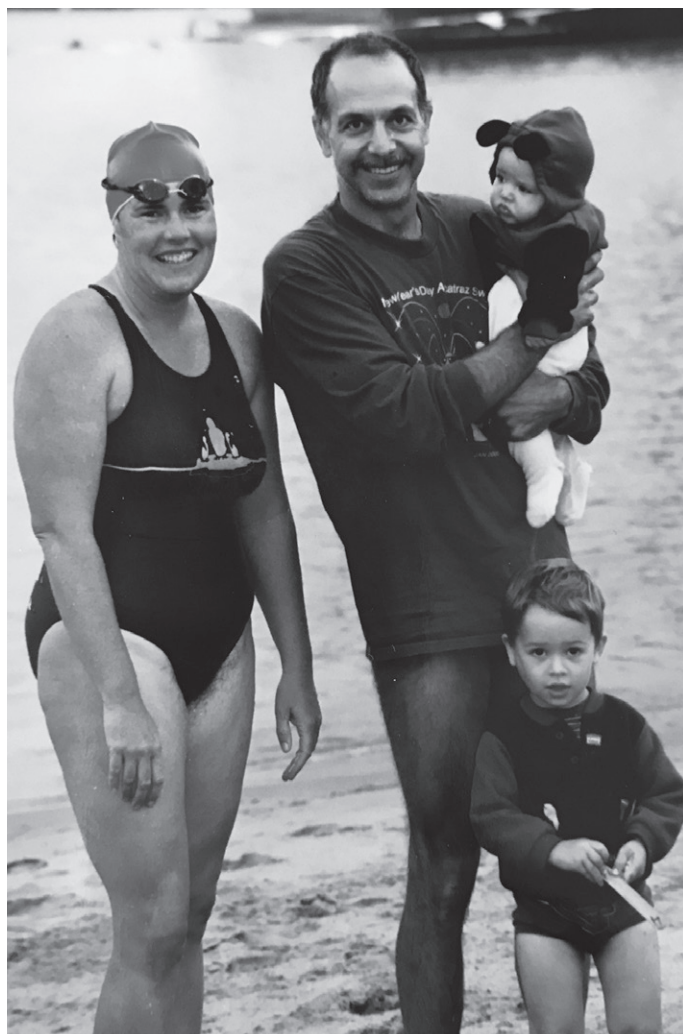
Both Laura and Dave began their swim histories on high school teams, continuing their natatorial activities in Dolphin Club swims; he joined in 1984 and she in 1990. Dave moved toward the boats, while Laura swam the English Channel in 1994. Then came the family, and the clan descended on the club, with the boys taking weekly swim lessons in

San Bruno. The boys played on the beach, swam to the end of the pier, and celebrated Lou's birthday by swimming to the first buoy. Noah swam Santa Cruz at ten, followed by Ben at the same age, both of them well prepared by their parents.

The boys swam and played water polo at St. Ignatius, where Ben is still a student. Noah moved on to University of British Columbia, where he swims less.



Ben and Noah Zovickian on their regular morning walk with Commodore Lou Marcelli.



There was a time when the Zovickian family, Laura, David, Ben and Noah, seemed to live at the club.

Reuben Hechanova and his wife Elizabeth joined the DC almost simultaneously, 1983/84, where they swim and pilot or both – Elizabeth piloted Reuben in his first Golden Gate swim. And she became a member of the Wieland women's team. After their daughter Julia came along, her father began rowing her around the Bay at age two; Julia has favored the boats over swimming.

But with a twist. Total immersion in the French-American International School and an insatiable desire

to travel led Julia to Louisiana for college and to a job in Australia with an international travel agency before enrolling in the boat building school at Port Townsend, WA. Returned to San Francisco and working with John Bielinski, she was project manager of the boat built to commemorate Lou – The Commodore. She also crafted and/or built some of our oars. Unsurprisingly, she and John are looking out internationally, along with Dolphin Agustin Huneeus, a Chilean, at opening a boat building school in Valparaiso.

Neither Marty nor John Mattox started sports life as a swimmer, Marty being a college volleyball player and John a three-sport land athlete. Married thirty years ago, they began doing triathlons together; swimming was a necessity. They joined the DC and six years later, three-months pregnant Marty swam the Golden Gate. Their sons, Nolan, and five years later Miguel, spent many childhood hours playing and splashing at what they called Lou-Lou's beach, occasionally swimming, venturing out to the end of the pier or first buoy.

Nolan started swimming competitively in summer league – the Strawberry Seals – and at age nine moved on to USA swimming.



Rich David with his daughter Olivia and sons Nicholas and Julian

Four year old Miguel began his competitive swim career on the Seals with a 25-yard freestyle race, finishing in about 5 minutes. But within a year or two his father took him out to the Jacuzzi, his first venture into the deep end of the cove.

Nolan went on to set a high school record in the 500 free, after which his competitive career ended, though he continues to swim at the DC. Miguel broke Nolan's high school record in the 500 his freshman year and went on to set records in 2 other events. Miguel continued swimming competitively at Fordham University in New York, where he was team captain for 2 years and set a school record in the 200 back. He then followed his parents into triathlons, coming in first overall in his second triathlon, qualifying for nationals.

Says John: "The Dolphin Club has had a profound impact on the entire Mattox family. The boys in particular have DC memories and experiences that continue to shape them as men."

Rick David, who left his native South Africa to join the Dolphin Club, is an active year-round swimmer, often in the company of Ralph Wenzel, but also with his daughter Olivia and twin

sons, Nicholas and Julian. Rick remembers when Nicholas, age 12, having heard talk of the Jacuzzi, wanted to see whether it was warmer there and went on to the opening, for which effort he received a "certificate written by Ken Coren and signed by the one and only Lou Marcelli." He also swam a mile in the Rick's relay in the Bay Parade a few years ago. Julian is satisfied to be a non-Bay swimming certified lifeguard.

Rick also recalls with pleasure swimming from Alcatraz with Olivia and Ralph when Olivia was 17. "She did an Alcatraz swim as part of a capstone project for her senior year in high school, studying the bay, tides, and ship traffic, and then planning and executing a swim. The late great Bob Roper was our coach from aboard a boat that followed us with a few spectators. A couple of times I stopped to check on Olivia and ask how she was doing. Her answer was: 'Dad,

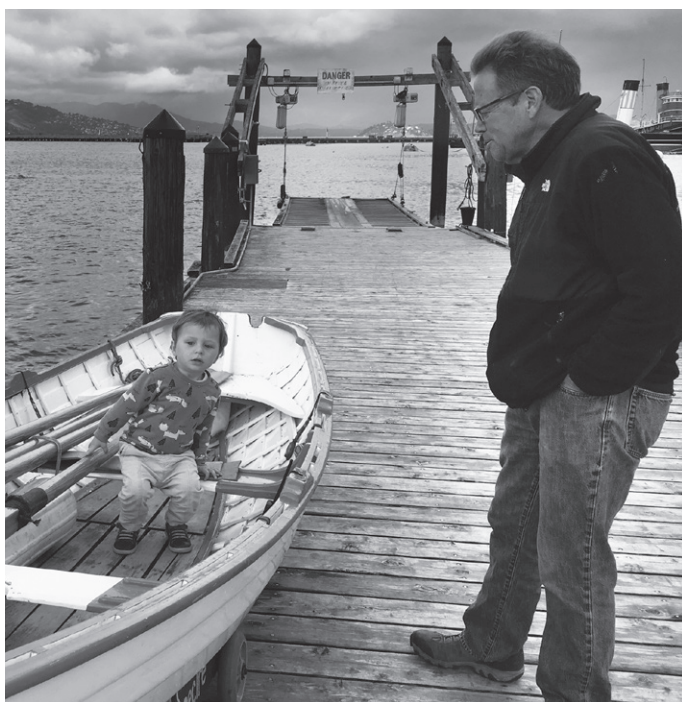
why are you so slow, Ralph and I are waiting for you!'"

Another proud Dad is Kent Myers. He got his daughter Sakura into the water as a toddler, and although she's no fan of the cold, she has done the Under-Thirty swim for the past five years, since she was four. Kent had set the example with his first club swim, Pier 39, in 2008. But his real interest was Alcatraz, first attempted in 2007 with SERC, then

three club Alcatraz swims in 2008. His wife will not go near the water. Nor will Lisa Goldberg, though her husband Adam is a club habitué and both their daughters, Nadja and



Kent Myers with his daughter Sakura, who began competing in the club's Under 30 swim at age 4.



Alfred Seccombe and grandson Owen, just learning the ropes.

Lisa, are swimmers.

John Pelka, swimming since he accidentally fell into a pool at the age of three, taught his daughters Chesna, 14, and Orla, 12, to swim before they walked to avoid his almost fateful error. The girls started at Rossi Pool and are now swimming for the Olympic Club and regularly attending Junior Olympics and Far Western meets in Northern California.

John's pal, Adam Engelskirchen, who successfully completed the English Channel a few years ago, observes that his daughter Estelle, 14, has twice done Alcatraz with him "and mostly lets me keep up."

Daniel Handler writes: "My sister (Rebecca) and I began swimming together a few years ago after my father's death, after we discovered we'd both had a secret hankering to join the club. Our early swims felt like tributes to my dad, who would have gotten a kick out of us swimming the Bay, but never would have joined us under any circumstances. My son was about 10 when he first tried the water; he was about 12 when it stuck, and it became another kind of father-son ritual, usually featuring dim sum afterwards at Ton Kiang on Geary. My usual swim is a mile; my sister's [Rebecca, also a Dolphin] varies; my son can reach the flag and back before it gets too cold." And like his father, Otto can hold his own in the sauna.

More recently the Seccombe family has swelled the club ranks, with Carlyle and Alfred (he has done a Gashouse Cove swim), their children Alf and Kathleen (both film makers) and son-in-law Tobia Giachetti (interested in boat building; husband of their daughter Alexie), plus grandchildren Owen and Olivia. Surely enough for a relay team.

Megan Sullivan and Bob Blum joined the club in 1990, actively swimming until Megan's cancer in 2006 took her out of the races. They and their son Nick were awarded helpers of the Year in 1995. Nick gives us an eloquent testimony: "As an only child, the DC was certainly an

extended family for me growing up. Given that my parents would be at the club every day during the mild months, the club raised me in a certain way just because of how much time I spent there. "The organized swims were very important to me as a kid. Almost everyone remembers me on the beach giving out sticks and giving out the trinkets at the awards ceremony ... I felt welcomed as a young volunteer at the club, and in a world where I felt, at the time (and still do to a large extent), immediately devalues the ideas and contributions of young persons, I had real responsibility ... I could be responsible for starting the timers for the race and keeping the time; I was responsible for communicating with the radio to pilots ... This was so incredibly empowering to me as a young person. I felt respected and important in a way that I never did by my teachers and in the outside world. I often wonder if some of my adult skills of organization and management were first forged at the DC during these swims.

A skill that I definitely honed growing up at the DC was my love and ability to talk with people ... in the sauna or in the kitchen with Cecco and Moon or in the Staib room with Lou So much of our lives are segregated and homogeneous, that the club was a place where you were never sure what kind of person you were going to run into, something incredibly valuable and worthwhile.

Now in my young adulthood, where I've found my own love of swimming in the bay, the club is still a place that is supportive of who I am now. I think sometimes families can be stifling for folks However, I don't feel that way about the DC family -- I don't think people there still see me as the kid handing out sticks, but rather as who I am today. Over the last couple of years, the club has also been a place to connect with my parents and spend time with them, even though we lead different lives. Very cool!"



John and Marty's sons Nolan and Miguel began swimming in the Cove while still in the womb. Later they played on "Lou Lou's Beach" and later still set swimming records in high school and college.

DOLPHIN LOG SWIM STATISTICS

Swim Commissioner's Update

2018 was another terrific swim season! Some numbers around the year...

- More than 750 total swims by 200+ swimmers
- More than 140 pilots kept swimmers safe over the 20+ swims this year
- Over 210 helpers checked-in swimmers, clothes wrangled, timed, worked in the galley, and cleaned up

A special shout out to the tireless hours put in by the following Dolphins:

- Eric Shupert (check-in)
- Polly Rose and Tom Hunt (timing)
- John Horner (galley)
- Terry Horn (clothes wrangling)
- Neal Powers (clean-up)
- Margaret Keenan (trinkets)

Thank you to everyone who participated in the 2018 season – it takes a community!

Photo Susanne Frierich



Aniko Kurczinak, Eric Lam, Thomas McCall, Dolores Meehan, Hal Offen, Joseph Omran, Nanda Palmieri, John Robiola, Sibylle Scholz, Deborah Sherwood, John Thorpe, Diane Walton, David Zovickian **Helpers:** Andrea Allen, William Allen, Dean Badessa, Michael Barber, Barry Baskin, Steve Carlson, Andrew Cassidy, Janine Corcoran, Peter Cullinan, Thomas Davis, Danny De Leon, Cyrus Foster, Nancy Friedman, Susan Garfield, Brian Gilbert, Laura Grubb, Duff Hearon, Nancy Hornor, John Hornor, Tom Hunt, Halie Kampman, Athena Kyle, Daphne Lagios, Jean Lammings, Marcy Michael, Peter Neubauer, Lorna Newlin, Thomas Partridge, Jamie Robinson, Polly Rose, Anna Schatz, Sibylle Scholz, Eric Shupert, Jennifer Sturgill, Elaine Van Vleck, Chris Wagner, Ben Zovickian **Test swim:** Andrew Cassidy, Janine Corcoran, Peter Cullinan, Aniko Kurczinak, Hal Offen, Joseph Omran, John Blackman, Bob Cable, Eileen David, Joe Gannon, Larry Heine, Terry Horn, Brian Kiernan, Thomas McCall, Tom Neill, Holly Reed, Denise Sauerteig, Sibylle Scholz, Ryan Utsumi **Special Thanks to:** Andrew Shupert, for all his help
Bruce Sargent, non-member, who helped in the galley

Crissy Field Swim AUGUST 12, 2018

place	name	time
1	Catherine Breed	37:04
2	Ben Zovickian	40:10
3	Adam Eilath	41:28
4	Chris Wagner	42:47
5	Laura Zovickian	44:53
6	Stephen Schatz	45:41
7	Marek Zapletal	46:08
8	Michael T.-Hahn	46:18
9	Lauren Au	46:24
10	Tom Neill	48:19
11	Peter Bartu	48:34
12	Anna Schatz	48:49
13	Chris Germain	48:58
14	Stuart Moulder	49:07
15	Charlie Cross	49:36
16	Evan Lamarre	49:42
17	Steve Carlson	49:50
18	Laura Grubb	50:17
19	Bob Cable	50:17
20	Danny De Leon	50:18
21	Mickey Lavelle	50:53
22	Kathleen Sheridan	51:24
23	Eric Schaefer	51:26
24	Gina Rus	51:50

25	Thomas Davis	51:59
26	Kevin Whalen	52:03
27	Cyrus Foster	52:09
28	Keith Nelson	52:36
29	Andy Stone	52:52
30	Kathleen Duffy	53:01
31	Thomas Partridge	53:04
32	Nancy Hornor	53:10
33	Zachary Walton	53:17
34	Holly Reed	53:27
35	Mara Iaconi	53:30
36	Michael Rousseas	53:44
37	John Wilde	54:32
38	Halie Kampman	54:33
39	Pauline Farmer	55:00
40	John Hornor	58:18
41	Marlin Gilbert	58:31
42	Crissa Williams	58:50
43	Barry Baskin	59:57
44	Peter Neubauer	1:01:25
45	Stuart Gannes	1:07:51
Pilots: Bradford Adams, Andi Aliko, Marcus Auerbuch, Eduardo Barranco, Holly Baskin, John Blackman, Barbara Byrnes, Gretchen Coffman, Elizabeth Donahoe, Tim Dumm, Adrian Dyer, Lewis Haidt, Larry Heine, George Howell, Davis Ja, Brian Kiernan,		



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—
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COMPASS

DOLPHIN LOG SWIM STATISTICS

Joe Bruno Golden Gate Swim AUGUST 19, 2018

The Joe Bruno Golden Gate test swim did not happen since the fog was too thick. Instead, four of the test swimmers swam in from Alcatraz. The next day, the fog was much thinner, but the Joe Bruno Golden Gate swim was delayed by a miscommunication for about 45 minutes, which allowed the ebb to build to a much stronger current by the end of the swim, leaving 8 people who had to be picked up. Thanks to our great pilots for guiding the swimmers and taking good care of them.

place	name	time
1	Ben Zovickian	21:23
2	Adam Eilath	21:50
3	Chris Wagner	22:35
4	Noah Zovickian	23:32
5	Stephen Schatz	23:37
6	Michael T.Hahn	25:26
7	Tim Dumm	25:33
8	Laura Zovickian	25:24
9	Tom Neill	26:38
10	Chris Germain	27:24
11	Amanda Ernzer	27:40
12	Anna Olsen	27:53
13	Bob Cable	28:17
14	Mickey Lavelle	28:31
15	Anna Schatz	28:41
16	Eric Schaefer	29:58
17	Cyrus Foster	30:06
18	Terry Huwe	30:10
19	Steve Carlson	30:37
20	Charlie Cross	30:04
21	Peter Cullinan	32:08
22	Morgan Kulla	32:23
23	Thomas Davis	32:47

24	Kathleen Sheridan	33:53
25	Andy Stone	34:10
26	Rebecca Wolski	34:34
27	Keith Nelson	34:59
28	Holly Reed	35:07
29	Marie Sayles	35:14
30	Nancy Hornor	35:38
31	Bill Burke	36:13
32	Marcy Michael	37:07
33	Alexander Housser	37:15
34	Jennifer Sturgill	37:35
35	Janine Corcoran	38:04
36	Denise Sauerteig	39:10
37	Lewis Haidt	39:22
38	Maggie Lonergan	39:43
39	Lindzy Bivings	39:46
40	Mark Harrold	39:49
41	Kathleen Duff	40:03
42	Susan Hopp	40:36
43	Ken Coren	41:08
44	Fiona Dearth	42:15
45	Zachary Walton	42:33
46	John Hornor	43:17
47	Marlin Gilbert	43:52
48	Jamie Robinson	44:42
49	Pauline Farmer	45:52
50	Jim Frew	50:19
51	Kent Myers	51:35
52	Terry Keenan	53:50
53	Barry Baskin	57:45
54	Hal Offen	57:57
55	Susan Lauritzen	1:00:43
56	Michael Barber	1:05:45
57	Lorna Newlin	1:06:19
	Cynthia Barnard	
	Stuart Gannes	
	Carolyn Hui	
	Peter Neubauer	
	Will Powning	

Robin Rome
Donna Schumacher
Cheryl Wallace
Pilots: Bradford Adams, Marcus Auerbuch, Peter Bartu, John Blackman, Barbara Byrnes, Barry Christian, Gretchen Coffman, Danny De Leon, Paul DuBois, Adrian Dyer, Brad Gambrell, Margaret Healy, Reuben Hechanova, Terry Horn, Keith Howell, Davis Ja, Diane Jackson, Brian Kiernan, Aniko Kurczinak, Eric Lam, Thomas McCall, Nanda Palmieri, Jesse Pence, John Robiola, Gina Rus, Wendy Schuss, Eric Shackelford, Deborah Sherwood, John Thorpe, Ryan Utsumi, Diane Walton, David Zovickian
Helpers: Andrea Allen, Laura Atkins, Barry Baskin, Holly Baskin, Talia Brinton, Andrew Cassidy, Robert Colyar, Eileen David, John Davis, Fiona Dearth, Erin Figel, Cyrus Foster, Stuart Gannes, Patrick Grady, John Henderson, John Hornor, Nancy Hornor, Tom Hunt, Terry Keenan, Athena Kyle, Evan Lamarre, Jean Lamming, Rudeen Monte, Andrea Morgan, Peter Morgan, Thomas Partridge, Robin Rome, Polly Rose, Wafaa Sabil, Anna Schatz, Sibylle Scholz, Andy Stone, Cory Sturtevant, John Wilde, Paul Wolf, Janice Wood
Test swim: Lauren Au, Alexander Housser, Aniko Kurczinak, Anna Schatz, Jon Bielinski, John Blackman, Andrew Cassidy, Jim Frew, Terry Horn, Brian Kiernan, Tom Neill, Stephen Schatz, Sibylle Scholz, Ryan Utsumi
Special Thanks to:
David Klages, non-member, who helped with the test swim
Davis Ja and Deborah Sherwood who held the finish line in place.



Photo Susanne Friedrich

After the Wieland won the barge race against the South End, the Dolphin Club never looked back.

DOLPHIN LOG SWIM STATISTICS

Photo Bill Burke



Maggie Lonergan & Briana McCarthy after Ft. Point Swim

Photo Cory Sturtevant



Pilot briefing before EFAT

Fort Point Swim AUGUST 25, 2018

Because of the heavy traffic on the Bay during the swim, the last three swimmers on the list were pulled: they would have finished if left in the water.

place	name	time
1	Catherine Breed	58:38
2	Quinn Fitzgerald	59:43
3	Joseph Bernstein	1:00:03
4	Allison Arnold	1:00:55
5	Adam Eilath	1:03:45
6	Matthew Talmadge	1:05:04
7	Lauren Au	1:06:39
8	Jari Salomaa	1:07:44
9	David Rich	1:10:10
10	Patrick Grady	1:12:02
11	Chris Wagner	1:12:09
12	Stephen Schatz	1:14:16
13	David Holscher	1:14:46
14	Peter Bartu	1:17:17
15	Bri McCarthy	1:18:31
16	Michael T.Hahn	1:19:34
17	Tom Neill	1:22:42
18	Mauricio Prieto	1:27:57
19	Michael Rousseas	1:30:38
20	Bob Cable	1:32:17
21	John Wilde	1:33:53

DOLPHIN LOG SWIM STATISTICS

22	Bill Burke	1:35:18
23	Duff Hearon	1:36:24
24	Thomas Partridge	1:36:55
25	Danny De Leon	1:38:30
26	Anna Olsen	1:38:40
27	Gina Rus	1:42:26
28	Pauline Farmer	1:43:27
29	Kathleen Duffy	1:45:12

George Morris
Kathleen Sheridan
Cory Sturtevant

Pilots: Bradford Adams, Holly Baskin, Holly Baskin, John Blackman, Ward Bushee, Anthony DuComb, Tim Dumm, Brad Gambrell, Byron Harbour, Margaret Healy, Terry Horn, Margaret Keenan, Brian Kiernan, Aniko Kurczinak, Mickey Lavelle, Charmaine Leonard, Maggie Lonergan, Mary Magocsy, Connie Mittendorf, David Nettell, Donald Osborne, Nanda Palmieri, John Robiola, Lance Starin, John Thorpe, Ryan Utsumi, Rebecca Wolski
Helpers: Lauren Au, Andrew Cassidy, Peter Cullinan, Erin Figel, Susan Garfield, Brian Gilbert, Patrick Grady, Duff Hearon, Tom Hunt, Brian Johnson, Keira Koss-Baker, Daniel Kreider, Timothy Kreutzen, Bri McCarthy, Rudeen Monte, Thomas Partridge, Jamie Robinson, Polly Rose, Wafaa Sabil, Kathleen Sheridan, Eric Shupert, Cory Sturtevant, Monica Towers, Janice Wood
Test swim: Gretchen Coffman, Janine Corcoran, Peter Cullinan, John Blackman, Joe Gannon, Terry Horn, Aniko Kurczinak, Thomas McCall
Special Thanks to: Andrew Shupert, for all his help, Elsa Tschantz-Hahn, for all her help

Walt Schneebeil Over 60 Cove Swim SEPTEMBER 1, 2018

This swim was run on 3 courses:
A: from the beach to the Eppleton Hall and back
B: from the beach to the flag and back
C: a full cove swim

Swimmers:

Group	Place	Name	Time
A	1	Robert McKenzie	07:10
A	2	Robert Danielson	08:43
A	3	John Davis	15:53
A	4	John Nestor	16:19
B	1	Laura Merkl	13:08
B	2	David Zovickian	17:10
B	3	Lorna Newlin	17:12
B	4	Leslie Daniels	20:04
B	5	Susanne Friedrich	20:15
B	6	Sarah McCuskey	23:26
B	7	Polly Rose	24:48
C	1	Josh Bernstein	20:42
C	2	Julian Sapirstein	24:07
C	3	Terry Huwe	25:42

C	4	Morgan Kulla	26:18
C	5	John Henderson	26:53
C	6	Jon Nakamura	29:15
C	7	Peter v.d.Sterre	29:42
C	8	Nancy Hornor	30:01
C	9	Mike Webb	30:28
C	10	Robert Blum	30:33
C	11	Joel Kramer	31:01
C	12	John Hornor	33:09
C	13	Bill Burke	33:16
C	14	Peter Neubauer	34:07
C	15	Barry Baskin	35:14
C	16	Robin Rome	36:19
C	17	Eileen David	36:37
C	18	Mary Cantini	37:04
C	18	Heidi Howell	37:04
C	20	Stuart Gannes	37:49
C	21	Susan Lauritzen	39:23

Pilots: John Blackman, Jim Frew
Helpers: Andrea Allen, Josh Bernstein, Andrew Cassidy, Signe Curtis, Brian Gilbert, Patrick Grady, John Henderson, Kelley Heye, Terry Horn, Tom Hunt, Mara Iaconi, Terry Keenan, Timothy Kreutzen, Aniko Kurczinak, Peter Neubauer, Neal Powers, Daragh Powers, Robin Rome, Gina Rus, Monica Towers



Photo Bill Burke

Danny De Leon & Mauricio Prieto after Ft. Point Swim

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Dolphin/South End Triathlon - September 8, 2018

Photo Kent Myers



Wyatt Nordstrom, who rallied the forces, and President Reuben Hechanova carry The Plaque back.

Summary

	Dolphin Club	South End
TOTAL	500	379
ROW	250	45
SWIM	120	182
RUN	127	151
BONUS	3	1

Rowing

Ladies Barge	Place	Boat	Rower	Pts
	1	Weiland	Charlie McIntyre(cox) Laura Butch-Zovickian Lowen Cattolico Kelley Hove Andrea Fabian Rebecca Wolski Megan Wachs	35
	Shell 2x			
	1	Osprey	Dorian Faust Mark Cullen	20
	2	Ironium	Andrew Boston Warner Bonner	15
	3	Tempest	Eric Altenburger David Kremer	
	Shell 1x			
	1	Coot	Will Miller	20
	3	Flicka	Chris Heim	5
	4	Carbon 24	Bachael Perry Quincy Darbshire	15
	6	Scoter	Jay Dean	
	8	Tern	Eva Gillis-Buck	
	9	Murre	Margaret Healy	
	11	Banana		
	Viking 2x			
	1	Lithrasic	Matthew Lenhart John Wainwright	20
	2	Viking	Chris Tschinkel Alex Housser	10
	Viking 1x			
	1	Kohlenberg	Day Zimak Don Osborne	20
	2	Mo-B		5
	Heavy 2x			
	1	Hughes	Michael Rousseas Luke Ballich	20
	5	Farrell	Michael Enright Mel Fisher	
	6	Cronin	Jon Harsh Tim Harsh	
	Heavy 1x			
	1	Foster	Paul Dubois	30
	2	Commodore	Scott Stark	15
	3	Bruno	John Robiola	5
	4	Baggioli	JD Durst	
	5	Ring	Lance Stanin	
	6	Austin	Marcus Auerbuch	
	7	Kupuna	Natasha Bernie	15
	9	Cecco	Roger Hansen	
	10	Semper Fi	Michael Coran	
	TOTAL			250

Swimming

Place	Name	Dix	Place	M/F	Pts
1	Chad La Tourette	M 35U	1	1	12
2	Catherine Breed	F 35U	1	1	12
3	Quinn Fitzgerald	M 35U	2	2	7
4	Allison Arnold	F 35U	2	2	7
5	Lauren Au	F 35U	3	3	3
8	Matt Talmadge	M 35U	3	5	3
10	Luca Pozzi	M 35U	4	7	1
11	Andrew Wynn	M 35U	5	8	1
18	John Borko	M 36-50	7	15	1
19	Adam Engelskirchen	M 36-50	8	16	1
25	Chris Wagner	M 51-65	2	20	7
28	Steve Schatz	M 51-65	3	21	3
33	David Rich	M 51-65	4	25	1
35	Marek Zapletal	M 36-50	14	26	1
37	John Ottersberg	M 51-65	5	28	1
43	Michael Tschantz-Hahn	M 51-65	9	34	1
44	Randy Edwards	M 36-50	18	35	1
45	Tim Dumm	M 36-50	19	36	1
49	Carlin Eng	M 35U	10	39	1
50	Heather McClure	F 36-50	4	11	1
52	Mauricio Prieto	M 36-50	21	40	1
53	Emma Tobey	F 35U	6	13	1
58	Josh Bernstein	M 51-65	10	43	1
60	Anna Olsen	F 35U	8	17	1
61	Margo Snyder	F 36-50	7	18	1
66	Ross Browne	M 51-65	13	47	1
69	Amanda Emmer	F 35U	9	21	1
70	Briana McCarthy	F 36-50	9	22	1
71	Duke Dahlin	M 65+	2	49	7
73	Keith Gray	M 51-65	15	50	1
76	Tom Brown	M 36-50	25	53	1
78	Duff Hearn	M 35U	10	54	1
81	Tom Neill	M 65+	3	56	3
82	Laura Butch Zovickian	F 51-64	5	26	1
84	Wendy Kordesich	F 35U	12	28	1
85	Stuart Moulder	M 51-65	18	57	1
92	Basil Stamos	M 51-65	21	61	1
93	Peter Bartu	M 51-65	22	62	1
94	Sean McFadden	M 36-50	26	63	1
99	John Wainwright	M 35U	14	67	1
104	Danny De Leon	M 36-50	30	72	1
105	Krista Odden	F 35U	14	33	1
106	Andrew Willis	M 35U	16	73	1
114	Keira Koss-Baker	F 35U	15	36	1
125	Morgan Kulla	F 65+	2	43	7
132	Margaret Keenan	F 51-64	10	44	1
136	Kathleen Sheridan	F 35U	17	45	1
138	Megan Wachs	F 35U	18	46	1
139	Laura Grubb	F 51-64	11	47	1
149	Gina Bus	F 51-64	13	50	1
168	Nancy Booth	F 51-64	17	57	1
182	Denise Sauerleig	F 36-50	21	63	1
183	Jennifer Sturgill	F 36-50	22	64	1
188	Andrea Allen	F 36-50	24	66	1
196	Marcy Michael	F 51-64	19	69	1
197	Maggie Lonergan	F 35U	21	70	1
200	Rebecca Wolski	F 35U	22	73	1
201	Pauline Farmer	F 36-50	29	74	1

Running

Place	Name	Division	Dix Place	M/F	Pts
1	Will Callan	M 35U	1	1	12
2	John Wainwright	M 35U	2	2	7
3	Andrew Willis	M 35U	3	3	3
7	Noby Takahashi	M 35U	5	7	1
8	Carlin Eng	M 35U	6	8	1
9	Matthew Lenhart	M 35U	7	9	1
10	Tim Dumm	M 36-50	3	10	3
11	Alex Housser	M 35U	8	11	1
12	Andrew Wynn	M 35U	9	12	1
14	Fernando Fuentes	M 35U	10	13	1
15	Chad La Tourette	M 35U	11	14	1
16	Dan Willis	M 35U	12	15	1
19	Nick Giomatti	M 35U	13	18	1
20	Jon DePrest	M 36-50	4	19	1
21	Alex Sigal	M 36-50	5	20	1
22	Gina Edwards	F 51-64	1	2	12
23	Robert Cable	M 36-50	6	21	1
25	Cyrus Foster	M 35U	14	22	1
28	John Wilde	M 36-50	7	24	1
29	Constantine Mitterdorf	M 36-50	8	25	1
31	Luca Pozzi	M 35U	15	27	1
32	Mark Cullen	M 36-50	10	28	1
34	Anna Olsen	F 35U	3	5	3
35	Michael Enright	M 35U	16	30	1
42	Tessa Liskam	F 51-64	2	8	7
43	John Ottersberg	M 51-64	4	35	1
44	Eric Bardon	M 36-50	13	36	1
45	Victor Takuhik	M 35U	20	37	1
46	Chris Tschinkel	M 36-50	14	38	1
50	Mauricio Prieto	M 36-50	16	41	1
51	Natasha Bernie	F 51-64	3	10	3
52	Andrew Nance	M 51-64	6	42	1
56	Catherine Breed	F 35U	6	11	1
58	Allison Arnold	F 35U	7	13	1
59	Amanda Emmer	F 35U	8	14	1
60	Marlin Gilbert	M 51-64	8	46	1
61	Tim Harsch	M 35U	23	47	1
63	Emma Tobey	F 35U	9	16	1
64	Chris Turner	M 35U	24	48	1
65	Rebecca Wolski	F 35U	10	17	1
66	Marc Verstraen	M 51-64	9	49	1
67	Michael Rousseas	M 36-50	17	50	1
68	Matt Talmadge	M 35U	18	51	1
69	Greg Anderson	M 65+	1	52	12
73	Jennifer Sturgill	F 36-50	5	19	1
74	Randy Edwards	M 36-50	20	55	1
75	Nick Wilson	M 35U	25	56	1
77	Ian Schmidt	M 36-50	21	58	1
78	Anthony DuComb	M 65+	3	59	3
80	Peter Bartu	M 51-64	10	61	1
82	Sean Lavelle	M 35U	27	62	1
85	Briana McCarthy	F 36-50	7	21	1
87	Charmaine Leonard	F 51-64	6	23	1
88	Doug Lowndez	M 36-50	24	65	1
89	Erin Figue	F 35U	11	24	1
90	Meg Lee	F 36-50	8	25	1
91	Mark Lenz	M 51-64	11	66	1
92	James Robinson	M 51-64	12	67	1
94	Rachelle Jones	F 51-64	7	26	1
96	Don Osborne	M 51-64	13	69	1
97	Maggie Lonergan	F 35U	13	28	1
101	Michael Shields	F 36-50	11	31	1
103	Kathleen Sheridan	F 35U	14	32	1
104	Krista Odden	F 35U	15	33	1
111	Alexander Frieden	M 35U	30	75	1
121	Laura London	F 35U	18	41	1
129	Andrea Allen	F 36-50	17	45	1
132	Gina Bus	F 51-64	10	46	1
134	Margaret Keenan	F 51-64	11	48	1
136	Megan Wachs	F 35U	19	49	1
137	Kelly Hove	F 51-64	12	50	1

DOLPHIN LOG SWIM STATISTICS

Escape From Alcatraz Triathlon September 30, 2018

Place	Full Name	Swim Time	Bike Time	Run Time	Total Time	Notes
1	Andrew Willis	0:48:57	0:48:03	2:22:00	3:59:00	Fast overall & Bike
2	Andrew Wynn	0:35:53	0:56:07	2:33:00	4:05:00	
3	Hubert Chaperon	0:41:27	0:50:33	2:39:00	4:11:00	
4	Evelyn Fisher	0:50:26	0:52:32	2:34:02	4:17:00	V,First F, fst F run
5	Alisa Gray	0:42:05	0:59:55	2:46:00	4:28:00	V
6	Will Callan	0:55:47	1:18:13	2:18:50	4:32:50	Fastest run
7	Laura Vartain	0:42:25	0:50:35	3:00:00	4:33:00	Fastest F bike
8	Thomas Brown	0:47:51	0:53:09	2:57:00	4:38:00	
9	Catherine Breed	0:31:11	0:54:49	3:15:00	4:41:00	V,Fatest swim
10	Anna Olsen	0:44:42	1:03:18	3:00:00	4:48:00	V,Fatest swim
11	James Dyett	0:58:31	1:04:29	2:46:00	4:49:00	
13	Terry McKellips	0:56:56	0:53:04	3:05:00	4:55:00	
12	Peter Buck	0:45:19	0:58:41	3:11:00	4:55:00	
14	David Strasburg	0:59:45	1:29:15	2:27:00	4:56:00	
15	Sarah Nalle	0:55:56	1:23:04	2:38:00	4:57:00	V
16	Brian Matthay	0:59:59	1:03:01	2:56:00	4:59:00	
17	Andrew Burrell	0:44:06	0:55:54	3:22:00	5:02:00	
18	Kevin Whalen	0:51:37	1:02:23	3:08:00	5:02:00	
19	Alex Sigal	0:59:22	0:51:38	3:12:00	5:03:00	
20	Amanda Ernzer	0:42:33	1:02:40	3:19:47	5:05:00	
21	Daniel Reid	0:51:29	1:00:31	3:17:00	5:09:00	
22	Kala Sherman Presser	0:42:25	1:00:35	3:29:00	5:12:00	
23	Thomas Partridge	0:56:13	0:56:47	3:22:00	5:15:00	
24	Laura Hill	0:50:07	0:58:53	3:31:00	5:20:00	V
25	John Hill	0:44:57	0:52:03	3:43:30	5:20:30	
26	Mark Harrold	1:01:33	1:05:27	3:14:00	5:21:00	
27	Tim Kline	1:08:42	1:02:46	3:13:32	5:25:00	
28	Robert Cable	0:49:25	1:09:57	3:26:38	5:26:00	
29	Scott Halsted	1:16:10	1:02:50	3:11:00	5:30:00	
30	John Gibbon	0:51:16	0:51:44	3:52:00	5:35:00	
31	Peter Bartu	0:45:37	1:06:53	3:45:30	5:38:00	
32	Cory Sturtevant	1:04:56	0:59:04	3:43:00	5:47:00	V
33	Jay Egami	1:05:12	1:11:45	3:33:03	5:50:00	
34	Briana McCarthy	0:48:11	1:14:19	3:50:30	5:53:00	V
35	Jim Ruppert	1:11:06	1:13:54	3:31:00	5:56:00	
36	Sunny McKee	0:51:45	1:02:15	4:13:00	6:07:00	
37	Sean McFadden	0:47:14	0:56:46	4:25:00	6:09:00	
38	Sarah Glazer	0:46:18	1:18:42	4:06:00	6:11:00	V
39	Mark McKee	1:06:45	1:16:15	3:54:00	6:17:00	
40	Peter Molnar	0:53:43	1:05:17	4:23:00	6:22:00	
41	Dylan Tweney	0:58:33	1:13:27	4:23:00	6:35:00	V
42	Mark Lenz	1:04:48	1:13:12	4:18:00	6:36:00	
43	Anthony DuComb	1:07:35	1:05:25	4:28:00	6:41:00	
44	Mike Webb	0:58:21	1:20:39	4:28:00	6:47:00	
45	Hal Offen	1:09:08	1:14:52	4:29:00	6:53:00	
46	Gina Bianucci Rus	0:57:07	1:13:53	4:47:00	6:58:00	
47	Jon Nakamura	0:55:35	1:23:25	4:47:00	7:06:00	
48	Keith Nowell	1:12:44	1:35:16	4:37:00	7:25:00	
49	Tom Linthicum	0:58:36	1:18:24	5:17:00	7:34:00	
50	Phil Taylor	1:19:59	1:37:01	4:53:00	7:50:00	Time TBD

Relay Teams

	Swim Time	Bike Time	Run Time	Total Time
Relay One - TriPE	0:44:20	0:53:40	2:52:00	4:30:00
R1 James McDonald				
R1 Andrew Schwaab				
Relay Two - I Forget Again	0:58:49	0:47:11	3:39:00	5:25:00
R2 Tim Kreutzen				
R2 Greg Anderson				
Relay Three - The Turtles	1:13:06	0:47:54	3:52:00	5:53:00
R3 Pete Neubauer				
R3 Davis Ja				
R3 Lisa Smith				
Relay Four - Roper's Rope	1:13:25	0:59:35	3:23:00	5:36:00
R4 Seth Kenvin				
R4 Peter Clark				
Relay Five - Sea Wolves	0:46:52	0:56:08	2:50:00	4:33:00
R5 Finoa Dearth				
R5 Evan LaMarre				
Relay Six - The Sunscreen	0:53:46	0:54:14	3:39:00	5:27:00
R6 Kathleen Sheridan				
R6 Maggie Lonergan				
Relay Seven - Berkeley Ra	0:50:24	1:08:36	5:18:00	7:17:00
R7 Terry Huwe				
R7 Margaret Healy				
Relay Eight - The Wiggles	0:51:54	0:50:06	2:55:00	4:37:00
R8 Cyrus Foster				
R8 Stuart Moulder				
Relay Nine - Team Tschac	0:55:14	1:02:46	3:31:00	5:29:00
R9 Megan Wachs				
R9 Chris Tshchinkel				
R10 Dan Wheeler	0:39:53	0:46:07	2:54:00	4:20:00
R10 John Ottersberg				
R11 Kelly Clouts	1:02:08	0:48:52	3:25:00	5:16:00
R11 John Wilde				



They also serve who only stand and wait.

DOLPHIN LOG SWIM STATISTICS

Alcatraz Swim OCTOBER 13, 2018						
Place	Name	Time				
1	Catherine Breed	30:28	27	Terry Huwe	58:05	Hechanova, Libbie Horn, Terry
2	Joseph Bernstein	31:45	28	Keith Nelson	1:00:48	Horn, Vincent Huang, Davis Ja,
3	Allison Arnold	32:18	29	Laura Grubb	1:01:26	Diane Jackson, Brian Kiernan, Aniko
4	Matthew Talmadge	35:06	29	Paul Wolf	1:01:26	Kurczinak, Mary Magocsy, Grant
5	Adam Eilath	37:32	31	Denise Sauerteig	1:02:40	Mays, David Nettel, Hal Offen,
6	Lauren Au	38:29	32	Rebecca Wolski	1:03:15	Anna Olsen, Joseph Omran, Nanda
7	Patrick Grady	39:01	33	Zachary Walton	1:03:22	Palmieri, Will Powning, John Robiola,
8	Stephen Schatz	40:04	34	John Wilde	1:03:23	Sibylle Scholz, Wendy Schuss, Eric
9	Hubert Chaperon	42:14	35	Peter Cullinan	1:03:32	Shackelford, Deborah Sherwood, Maile
10	Michael Tschantz-Hahn	42:49	36	Dean Badessa	1:03:55	Smith, John Thorpe, Ryan Utsumi,
11	Heather McClure	43:15	37	Holly Reed	1:04:59	Diane Walton Helpers: Andrea Allen,
12	Amanda Ernzer	43:49	38	Lindzy Bivings	1:05:34	William Allen, Michael Barber, Scott
13	Chris Germain	46:00	38	Marcy Michael	1:05:34	Cauchois, Peter Cullinan, Erin Figel,
14	Tom Neill	47:25	40	Jennifer Sturgill	1:05:59	Cyrus Foster, Stuart Gannes, Chris
15	Stuart Moulder	47:53	41	Marlin Gilbert	1:09:09	Germain, Brian Gilbert, Keith Howell,
16	Timothy Haines	48:16	42	Pauline Farmer	1:10:11	Terry Keenan, Timothy Kreutzen,
17	Duff Hearon	48:22	43	Terry Keenan	1:11:37	Susan Lauritzen, John Lennox, Andrea
18	Steve Carlson	48:28	44	Kent Myers	1:13:15	Morgan, Hal Offen, Polly Rose, Eric
19	Margo Snyder	49:54	45	Janice Wood	1:19:46	Shupert, Margo Snyder, Matthew
20	Charlie Cross	51:47	46	Crissa Williams	1:20:04	Talmadge, Jill Utsumi, Paul Wolf Test
21	John Lennox	52:16	47	Cheryl Wallace	1:22:53	swim: Janine Corcoran, Peter Cullinan,
22	Cyrus Foster	52:17	48	Robin Rome	1:25:34	Jim Ebert, Wiktor Jakubiuk, Aniko
23	Mickey Lavelle	52:28	49	Donna Schumacher	1:28:33	Kurczinak, Bri McCarthy, David
24	Danny De Leon	55:08	50	Stuart Gannes	1:29:47	McGuire, Hal Offen, John Blackman,
25	Kathleen Sheridan	55:51	51	Arnie Thompson	1:40:14	Gretchen Coffman, Charlie Cross, Joe
26	Marie Sayles	57:28	52	Cynthia Barnard	1:40:57	Gannon, Reuben Hechanova, Terry
			Pilots: Marcus Auerbuch, John Blackman,			Horn, Susan Hwang, Brian Kiernan,
			Bob Cable, Barry Christian, George			Will Kushner, Tom Neill, Holly Reed,
			Dean, Tim Dumm, Evelyn Fisher, Reuben			Sibylle Scholz



Should we start to the east of the island, or the west?



Dolphin Tom Laughlin finishes first in the 2018 Men's Single at the Head of the Charles.

Last summer and fall was a “season of winning” for Dolphin rowers, with victories and other strong results in regattas large and small, on open-water and flat-water courses. Two rowers in particular, Racheal Perry and Tom Laughlin, have dominated when rowing separately in singles or together in a double shell.

Flat-water Racing (Closed course)

Typical rowing competition, as seen in collegiate and Olympic racing, happens on “flat-water” protected courses. Dolphins practice this sort of high-speed rowing on the calm waters of Lake Merritt, and two club rowers, Racheal Perry and Tom Laughlin have advanced their skill and fitness to a very high level.

At the **Northwest Masters Championship** in Vancouver, WA, Racheal captured two gold medals in her age class, winning both the Women's Single and Women's Double races. Michael Enright was another Dolphin collecting medals at this event, winning a Bronze in the Mixed-4 competition.

At the **US Master National Championship** regatta, Racheal repeated her regional victories in her age class, taking gold in the Women's Single and Women's Double competitions. She added a gold in the Mixed Double, rowing with Dolphin Tom Laughlin.

Tom added a gold medal on his own, with a first place in the Men's Single, and then added a bronze and silver also.

Racheal and Tom maintained their good form into October with strong performances at the famed **Head of the Charles** regatta in Cambridge, MA. Tom took home a silver medal in the Senior Master's Singles division and Racheal collected a 5th place in a large and very competitive field. The Dolphin Club was the only rowing club with Top 5 finishes in both of the 40+ Single Shells races! In fact, no other club even had two competitors place in the Top 10 in their respective races.

Open Water Regattas

While Racheal and Tom were collecting medals on flat-water, Dolphin Rowers were racing on the Bay in a variety of courses and rowing craft.

Way back in May at the South End's Tom & Jerry Regatta, on the popular “3-Buoy” course, Dolphins took wins in the Wooden Singles and Wooden Doubles, while Storm, our new quad, rounded the course in record time, establishing this boat as the fastest rowing craft on the bay.

The winning streak carried into September at the annual CD/SERC Triathlon. Dolphin boats took victory in each race, including another win by the Wieland in the all-important “barge” race, and sweeping the points in many classes.

The 3rd Annual **Angel Island Regatta** looked to be a bust as the competitors gathered at the Dolphin Club in the pre-dawn dark. A heavy, water-hugging fog obscured the bay, but the rising sun revealed some

lifting, and the fleet of shells and wooden boats, the largest ever for this regatta, took to the water and were launched north toward Angel Island. The fog settled back during the row out, obscuring the island, and competitors arrived at the Angel from a variety of courses. Once in Raccoon Straight, however, the air cleared, the sun peeked through and the boats came together for some tight competition along the Angel Island shore and back towards Alcatraz, returning to the finish at the cove in morning sun and flat, calm water. The Wieland and the Storm both circuted the island without direct competition. The Wieland ladies suffered a damaged oarlock along the way and completed the race with five rowers. The quad made the rounding at its usual impressive speed, but this time was not the fastest boat in the race! The gold-medal winning team of Racheal Perry and Tom Laughlin showed they are as dominant on open-water as on flat-water, completing the course in a stunningly fast time of 1:07:05, exactly four minutes faster than the four fellows rowing the Storm.

In another “upset”, South End rowers took first place in both the Single Shell and Traditional Double divisions. Nancy Sorrell was the fastest single shell, with a time of 1:21 and the team of Eli Rubel and Alex Porter won the Tradition Doubles, in the Valkyrie, with a time of 1:24. For the Dolphins, Don Osborne took the win in the Traditional Single race.

"WAYFINDING the Future for the Dolphin Club"

Reuben Hechanova

Wayfinding is the traditional and ancient practice of 'no instrument navigation' used by sea faring cultures that travel over vast open waters between islands and, within the last decade, around the world. It is taught by the Polynesian Voyaging Society (PVS) to their members to navigate oceans and visit other continents. This bold adventuresome spirit is embodied by a culture of open water travel. Teaching, planning and conducting these voyages, via the waters that connect all of us is the path to knowing other cultures and their values. Taught on land and sea, double-hulled sailing canoes serve as a classroom on water, where Wayfinding lessons are put into practice during these voyages. The most recent example was the California voyage of the *Hikianalia*, sister to the *Hokule'a* (which traveled using the 'no instrument' navigation in 1976 from Hawaii to Tahiti), which arrived in early September this year in San Francisco's Aquatic Park, its first of many stops with the final destination of San Diego at the end of November. Captain Lehua Kamalu, the first female captain of *Hikianalia*, and her mixed crew of thirteen sailors, traveled 23 days, over 2800 miles from Hawaii (avoiding two hurricanes during the voyage) to make landfall in Half Moon Bay, guided only by the ancient celestial tools of Sun, Moon, Stars, the prevailing Winds, Waves, Clouds and creatures of Sea and Sky. To celebrate this epic 'no instrument' voyage, the Dolphin Club hosted a Mahalo Reception for local PVS members, the *Hikianalia* captain and her crew, and those members of the Dolphin Club who wanted to experience the genuine atmosphere of the PVS Ohana family. Wayfinding at its glorious best, like

no other.

The Dolphin Club and the PVS strike a common cord of nurturing the adventuresome spirit in all of us. Both have recreated the inherent values of culture, legacy and traditions that are shared and passed on to the next generation. The Dolphin Club, over the last 140-plus years, has navigated similarly a form of Wayfinding, sharing common global concerns for the environment on the issues of global warming, sea level rise, plastic pollution and of policies that foster the effective stewardship of where we live and play.

Today, we are Wayfinding to discover how the quality of the Dolphin Club experience can be subjectively maintained over the coming years, and better yet, improved for the future and the next generations. The 'mother ship' for our journey to the next century is taking care and making improvements to our building. Over time and constant use by the ever-growing membership, the building has taken its toll. A fire in the late 70s to the Ariel Club, our former neighbor, was the impetus to build the west wing housing the Zahler Boathouse, Women's Locker Room and Sancimino Room. The need to renovate the Galley-Kitchen, replace the Elevator to meet ADA compliance, upgrade our utilities and foundation is here, now. We need to act now!

As the emotional practicalities of our future are locally and globally in the heart of the members, we can guarantee a continued and enduring legacy by giving the critical and vital contributions of time, energy, patronage, resources and, most importantly, financial support to the Renovation Projects. Let's not be just satisfied with what is 'serviceable.'

Let us set the bar higher to make it truly superior.

Look to adding the additional challenge into your daily routine; "What can you do to help make the Dolphin Club better?" Take an active role and shoulder the mantle of responsibility by seeking a seat on the Board, get appointed as a Commissioner or volunteer to 'shadow' every way or form the culture of how things get done in the DC. There are more common goals that connect us rather than divide us. Our contributions, big and small, are passed on to future generations of Dolphins by making our home good and even better.

"Wayfinding" in improving the Dolphin Club is the challenge to 'Finding a Way' to make it better. Giving back to enhance what is best for the common good is our goal—and enjoy the journey!



Hikianalia docks in Aquatic Park following its Wayfinding—no instrument—voyage from Hawaii.



The Dolphin Swimming
& Boating Club
502 Jefferson Street
San Francisco, CA 94109

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2019 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Tue TBD	*New Year's Day Alcatraz
Jan 1	Tue TBD	New Year's Day Cove Swim
Jan 27	Sun 9:30 am	*Pier 41
Feb 2-3	Sat/Sun 09:00	24 hour cove relay
Feb 9	Sat 10:00 am	*Gas House Cove
Feb 10	Sun TBD	Old Timer's Lunch
Mar 2	Sat 9:00am	*Pier 39
Mar 21	Thu 11:00 pm	End of Polar Bear
Mar 23	Sat 10:00 am	*Yacht Harbor
Apr 6	Sat TBD	McCovey Cove Regatta
Apr 7	Sun 9:00 am	*Dick Beeler Crazy Cove
Apr 14	Sun 11:30 am	*John Nogue Swim for Science Pier 15
May 4	Sat 9:30 am	*Coghlan Beach (fun swim)
May 12	Sun 9:00 am	*Bay Bridge
May 18	Sat TBD	Rowers Festival
Jun 1	Sat 9:00 am	*Gas House Cove (fun swim)
Jun 1	Sat 5:00 am	100-Mile Swim Begins
Jun 15	Sat 9:00 am	*Pride Swim
Jun 29	Sat 6:00 pm	*Under 30 & 30-45
Jun 29	Sat 6:00 pm	*Doc Howard Over 45
Jul 14	Sun 9:15 am	*Crissy Field
Jul 20	Sat TBD	Trans Tahoe
Jul 27	Sat 9:30 am	Walt Schneebeli Over 60 Cove
Aug 3/4	Sat/Sun	*Santa Cruz Pier Swim
Aug 11	Sun TBD	Baykeeper Relay
Aug 31	Sat 10:00 am	*Fort Point
Sep 14	Sat 10:00 am	Dolphin/South End Triathlon
Sep 21	Sat 7:30 am	Escape from Alcatraz Triathlon
Sep 28	Sat TBD	Swim Across America
Oct 6	Sun 8:15 am	*Joe Bruno Golden Gate
Oct 19	Sat 9:30 am	*Alcatraz
Oct 26	Sat TBD	Angel Island Regatta
Oct 31	Thur 11:00 pm	100-Mile Swim Ends
Nov 9	Sat TBD	Pilot Appreciation Dinner
Nov 24	Sun 5:00 am	Grizzly Bear Challenge
Nov 28	Thur 9:00 am	Thanksgiving Day Cove
Dec 15	Sun 9:00 am	New Year's Day Qualifier & Holiday Brunch
Dec 21	Sat 5:00 am	Polar Bear Swim Begins
Dec 31	Tue 11:00 pm	Grizzly Bear Challenge Ends

ROWING TRAINING

These Saturdays as 9:00 am

January 19

February 23

March 23

April 20

May 18

June 22

July 20

August 24

September 21

October 19

November 23

December 21

Intro to bay swimming *usually*
offered on the Saturday *or*
Sunday following the monthly
Board Meetings, check website
www.dolphinclub.org

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members, who are current on their dues and fees and in good standing.
 2. Swimmers must have current USMS membership, or USA Swimming membership, as appropriate and abide by each organization's rules and requirements.
 3. Swimmers are required to wear orange caps on all scheduled swims.
 4. Swimmers cannot use swim aids including fins and wet suits, on any timed scheduled swims.
 5. New members are not eligible to swim in scheduled out-of-cove swims for either 6-months from the start of their membership, or before successfully completing the 100-mile swim, the Polar Bear swim, or the Accelerated Out-of-Cove process.
 6. All out-of-cove swims require a pilot:swimmer ratio of 1:3.
 7. Time limits may be imposed at the discretion of the Swim Commissioner(s).
 8. All Club boats are reserved for scheduled swims. Co-pilots are encouraged. Riders are prohibited.
 9. Swimmers must register during check-in and attend the swim briefing in order to swim.
 10. To swim Golden Gate or Alcatraz, members must successfully complete at least three qualifying swims and help on at least three swims.
 11. Out-of-town members must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 10 above.
- (Nothing in the above rules shall contravene any applicable Federal laws and statutes.)

Alcatraz Island
1.4 miles



Fort Point
3.5 miles

Crissy Field
2.5 miles

Yacht Harbor
1.5 miles

Gas House Cove
1 mile

Aquatic Park Cove

Pier 41½
1.2 miles

Pier 43
1 mile